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WHAT'S ON

Our guide to what's on

We've uploaded a very simple tool to our website to help you tell us all about your event so we can promote it for you.

**It's free
it's on our homepage at
www.northlakesmessenger.com.au**

BOARD BREAK A-THON/OPEN DAY

Saturday June 11, 8am - 2 pm

Woodside Community Centre. Cnr Discovery Drive and Gardenia Parade, North Lakes

Cost: Free (donations encouraged)

ATA Martial Arts are holding a Board Break A-Thon/Open Day to raise funds for profoundly deaf student Jye to travel to America to compete in the American Combat Sparring Team. ATA believe that participation in the martial arts not only develops physical and mental skills, but encourages community involvement. In keeping with this philosophy, they're donating 10% of all funds raised to the Hear And Say Centre, to give other kids like Jye a chance of achieving their dreams.

REDCLIFFE MUSICAL THEATRE YOUTH PRODUCTION OF BEAUTY AND THE BEAST

June 10 - 12 June 2016

2.00pm (Saturday, Sunday)

7.30pm (Friday, Saturday)

Redcliffe Cultural Centre, Downs Street, Redcliffe

Cost: Adult: \$34.90, Concession: \$29.90, Family: \$114.80

Beauty and the Beast tells the story of a prince who is transformed into a hideous beast as punishment for his cruel and selfish ways, and an adventurous young woman named Belle whom he imprisons in his castle. In order to become human again, the Beast must earn Belle's love before it's too late.

MEET LEONIE SCHILLING

June 11

Between 10am and 1pm

Dymocks North Lakes

Cost: Free

Meet local Author Leonie Schilling this Saturday when she visits Dymocks North Lakes for a book signing. Take your copy down or buy one on the day to have it signed.

FREE HEALTH CHECKS FOR CHILDREN AT QUT CABOOLTURE

June 29

9.30am to 2.30pm

Caboolture QUT cnr of Tallon and Manley streets

Cost: Free

QUT Health Clinics will conduct free health checks for children at QUT's Caboolture campus during the school holidays.

The day will include foot checks, vision screening, dietary and lunchbox advice, education and development assessments, and fun hands-on activities for kids.

Supervised students from QUT's Faculty of Health will be conducting the checks.

This free comprehensive screening event is open to the children from prep to year 12. Bookings are essential, phone 07 3138 9777.

THE Messenger

Now in its eleventh year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.
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Contact Us

Editorial/Submissions

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education.

Email your reports and pictures to Editor Dan Fidler via:

editor@northlakesmessenger.com.au

Advertising

For all advertising rates, conditions and bookings please

contact Advertising Manager Jodi Doe on **3881 3322**

Tuesday to Thursday. Other times please call **0488 112 822**

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Please note:

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Advertising deadline (including Classifieds) is 12 midday Thursday one week prior. Incomplete art due Tuesday midday one week prior.

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For Community Notice Board and Your Say please email:

community@northlakesmessenger.com.au observing the requisites and disclaimers printed on their relevant pages.

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Cruising

Which cruise is best?

Last week we asserted anecdotally that cruising is popular, but in fact it's Australia's fastest growing travel sector according to Cruise Lines International Association (the leading authority of the global cruise community) who recently reported that Australia's 14.6 per cent annual growth rate is second only to China. 2015 saw a record 1,058,781 Australian passengers take to the seas aboard a cruise ship.



With such an interested response from readers to last week's cruising article we turned our resident travel expert again to find out which cruise is best.

CEI CREIGHTON WRITES

Which cruise is best is a question with as many answers as there are ships. Every cruise line and ship has its own personality and style. As the saying goes, one person's cup of tea is another's poison. However, here are descriptions of some popular cruise lines that sail from Australia which may help you choose.

P&O Australia – With two new ships being added to the fleet last year (Aria and Eden), P&O now have five ships permanently positioned in Australia. Being permanently positioned here has a massive impact on the cruising experience. The ships have all been Aussiefied! The power points are Aussie, the style of food is Aussie, there are Aussie drinks on offer, and most importantly.... No tipping! Aussies do not tip, so in keeping with Aussie culture tipping is not part of the experience whether you are doing an International cruise to the Pacific Islands, a Domestic cruise to North Queensland or a cheeky weekend 3 day cruise to get away. P&O cruises are for fun loving families, couples and friends who like a 3.5 star relaxed experience.

Carnival Australia – As with P&O (they are sister companies) there are two ships that call Australia home. They only sail out of Sydney but cover all of the same destinations and have all of the same Aussie qualities. Carnival put the FUN back in FAMILY! The legendary 'Green Thunder' water slides are on board and it isn't unusual for staff to spontaneously break out into song and dance mid meal. The

majority of cabins on board Carnival ships in Australia are Balcony Cabins with a limited number of cabins that have a Queen bed as well as bunks to suit families. Keep an eye out for specials that include free flights from Brisbane to Sydney.

Princess Cruises – The third sister company of the Carnival family, this is the grown up version. Think collared shirts and frocks for dinner, relaxing pursuits, enriching activities to world-class entertainment and gourmet cuisine. Though Princess Cruises do cater for youth from 3-17, and offer wonderful activities, they are more suited to adults looking for a 4 star experience. As well as cruises to the Pacific Islands, Domestic Australia and in my opinion the BEST New Zealand cruises, Princess offer a great range of one way 'repositioning' cruises at various times of the year. A wonderful way to broaden the horizon into Asia - Cruise one way and fly the other. Princess also have a Round the World cruise that allows you to just choose a portion of the journey to join them on.

Royal Caribbean International – having just started servicing Australia in the last couple of years, they offer great options, including the eagerly anticipated arrival of the Ovation of the Seas. Due to arrive in Sydney December 2016 this Quantum Class ship is massive! Currently the Royal Caribbean ships are only here for our 'WAVE' season (peak cruising season) and then are repositioned elsewhere. This is where the big difference is. As they are USA owned ships, they are designed and operate to that culture and market, no matter where they are sailing from or to.

They have US power points, US drinks on offer and US style food. And the big one (or two)... tipping is required and the on board currency is USD for everything. Get used to

doing currency conversion in your head.

Catering to the same market as P&O they have some great cruises to the South Pacific and North Queensland. This is a good time to mention that Legend of the Seas (the ship that has been cruising from Brisbane) has just been sold, and five cruises scheduled for next year have been cancelled. If you have a booking on one of the cancelled cruises, you can get a full refund.

There are a range of 4.5 and 5 star cruise lines and ships calling Australia that really deserve a mention. APT, Holland America, Celebrity, Regency, Cunard, Azamara, Crystal, Silverseas and Seabourn to name but a few who have both large ships and small boutique ships that deliver ultra luxury and old world glamour on board. Each have incredible cruise itineraries with life on board something that truly must be experienced to be believed.

With only a very limited number of cruises each year for some of these luxury cruise lines, booking well ahead is a must. Most cruises can be booked nearly 2 years in advance with peak times around school holidays booking out fast on P&O, Carnival and Royal Caribbean.

Whether it's a three day break to see if cruising is your thing, a family holiday, a hens/bucks/ birthday/anniversary celebration or just because you absolutely love it, there is a cruise adventure waiting for you.

ABOUT CEI CREIGHTON

Cei Creighton is a Mobile Travel Agent living in North Lakes with her family. She has travelled near and far extensively, and loves to help others do the same. For professional travel advice contact Cei at **0410 465 205, ccreighton@mtatravel.com.au or www.mtatravel.com.au/ccreighton**





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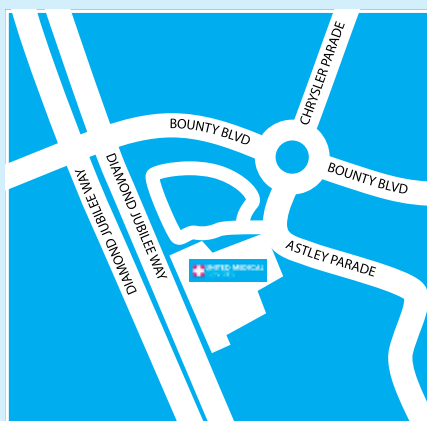
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Men: Take charge of your health

Men's Health Week 2016 is June 13 - 19 #MensHealthWeek

By Dr Anita, Brisbane North PHN



Two young boys are sitting outdoors, looking at a smartphone together. The background is a bright blue sky with various colorful cartoon graphics, including a heart, a camera, a game controller, and a lightning bolt. A large green circle contains text about a free app.

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Kallangur-based men's health advocate Laurie Brock says it is up to men take control of their own health and he thinks many of the problems afflicting men these days relate to alcohol and poor diet.

"With lot of guys they seem to fall under peer pressure, like when men used to get pressure to smoke if their mates smoked," Mr Brock said.

"Now if you go to a barbeque, the first thing that's handed to you is a beer. And, once again, if you want to address the issue of why a lot of men drink, I think it is to do with peer pressure," he said.

"When you go to the footy, there's the old adage of a pie and beer. And if you don't go along with this, you get asked 'why not?' and I think in that aspect of it, men are different to women.

"With men there is a stigma if they say no to alcohol. But it's okay to say no, and the more you say no it becomes habitual, and it becomes easier for guys to stick to their routine and look after their health," he said.

A former footy coach, Mr Brock recognises that boys will often look up to men as role models.

"I've had a lot of comments from kids, including mine, asking why guys have to

go out and drink all the time," he said.

"If we can get on top of the alcohol side of things, this will help to keep young men's bodies healthy. I'm talking about their liver function, blood pressure, and stopping them from suffering heart disease.

"I think the culture needs to change and the best way you can teach your own children to grow up to be good role models is to lead by example.

"You're in control of your body and your health, and the bottom line is: it is up to you to change. It's up to you to set an example for future generations," he said.

Mr Brock's comments come as healthcare services and health promotion organisations around the country prepare to mark Men's Health Week (13-19 June) 2016.

The theme this year is 'Health Elements: Living with Purpose, Building on Health' and aims to encourage communities to start those conversations about the elements of life that build health and life's purpose.

For men concerned about their health,

having a conversation with their GP is an important way they can begin to take charge of any niggling medical concerns and start living with purpose.

This is even more important the older a man becomes, because they will generally find they are more vulnerable to illness.

For men aged 45 to 49 years of age, GPs can offer a Medicare-subsidised health check to assess their risk of developing serious medical conditions like diabetes or heart disease.

A health assessment at this stage of life can help patients to make the necessary lifestyle changes to prevent or delay the onset of chronic disease.

This health check usually involves updating a person's medical history, discussing health concerns and completing some tests, such as a blood pressure check, an electrocardiogram (ECG) or a urinalysis, if required.

Men's Health Week is the perfect time to make the time for a conversation with your GP. Take control, pick up the phone and make that appointment today.

For more information about men's health, go to: www.menshealthweek.org.au.

With men there is a stigma if they say no to alcohol



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All I want for Christmas is ULLAKAJSA

If the Rail Link was being made by these IKEA guys we'd all be riding around on trains by now.

IKEA North Lakes are not messing around. Standing up close to the big blue box you realise that this is an awesome (in the literal sense) project - and it's powering towards completion.

This past week marked another milestone in construction when the gigantic and iconic yellow signage (or wordmark in IKEA speak) was installed on the Bruce Highway side of the store. Construction is going to plan and the addition of the six metre high letters shows that the highly anticipated store is on track to open by Christmas 2016.

The store is interesting in itself because it's being built from the ground up using IKEA's *People and Planet Positive Strategy*. An ethos that aims to see IKEA as a whole using 100% renewable energy by 2020.

When the store opens it will be powered completely by solar during the height of summer. The avoided carbon dioxide emissions would be equivalent to removing 272 cars from the roads for a year and the output could power 96 homes for a whole year.

The two level store will be similar in size to IKEA Logan, and stock 7,500 products. Over 250 jobs will be created with the opening of the store and they're recruiting right now.

***ULLAKAJSA is the product name of an IKEA roller blind that we dug up via google for the purposes of our title**

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A photograph of a man, Jeff Walls, smiling and standing in front of a green background. He is wearing a blue button-down shirt. To his right is the BOQ logo, which consists of a stylized heart shape and the text 'BOQ'. Below the photo, there is text that reads: 'Pop into BOQ North Lakes and say hi to Owner-Manager Jeff Walls'. Below that is a phone number '0419 642 906' and an email address 'jeff.walls@boq.com.au'. There is also a small icon of a laptop.

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Silent Bed Partners

Taking an author to bed is better than tossing and turning

WRITES SHARYN FISHER

To give or take an hour of sleep is better is better than tossing and turning, so just lie back and enjoy it, says Paul Wilson, the bestselling author of *The Little Book of Calm*.

The quality of things in life, often outweigh quantity and sleep is not any different. Paul said people feel cheated when they missed an hour or two of sleep, but said six or seven hours of sound sleep was better than eight or nine hours of disrupted sleep.

Paul said taking an author to bed can also help with calming as people lose them self in the book and relax. However, he also said not to lose sleep over not sleeping! It's best to think of not sleeping as part of your adventure of not knowing what is around the corner in life.

"Who knows what you will discover about yourself in the tranquil moments of half asleep? he said.

There are many reasons people tossed and

Quality rather than quantity matters when it comes to sleep



turned during sleep. One was if too much or too little food was consumed before sleep. Too much food keeps the digestive system alert and too little food interferes with rest.

The bedroom also needs to be comfortable, dark, with a little bit of fresh air. Heavy blankets may interfere with deep sleep, but stopping coffee in the afternoon and exercising earlier rather than later and nice warm showers before bed, as well as a few drops of lavender on the pillow, are all positive steps towards a good sleep.

People with clear consciences also sleep better, so this is yet another reason to be nice

during the day! If people are nice and have tried oils and reading and keeping blankets light and all of the other advice around and nothing has changed - maybe the problem is the bed partner! Paul said one of the most common sleep disturbances was one's partner. This doesn't mean a new partner is necessary, maybe just ear plugs!

ABOUT SHARYN FISHER

When Sharyn's not reading a good book in bed she's a journalist and English/ESL tutor who writes a blog about sleep and all things related.

Read more at www.letsleepingblogslike.net



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Ebony Banks

Rothwell singing sensation to share stage with Queensland Symphony Orchestra June 19

Ebony Banks, a rising singing star from Rothwell, will join the Queensland Symphony Orchestra (QSO) in a concert of epic proportions featuring music from classic soundtracks Star Wars, E.T. Harry Potter and Disney's highest grossing animated film of all time, Frozen.

The young singer, currently studying a Bachelor of Musical Theatre at the Queensland Conservatorium, will showcase her talent and belt out the notes to Frozen favourite 'Let it Go' at the QSO Lights, Camera, Action! concert on Sunday 19 June.

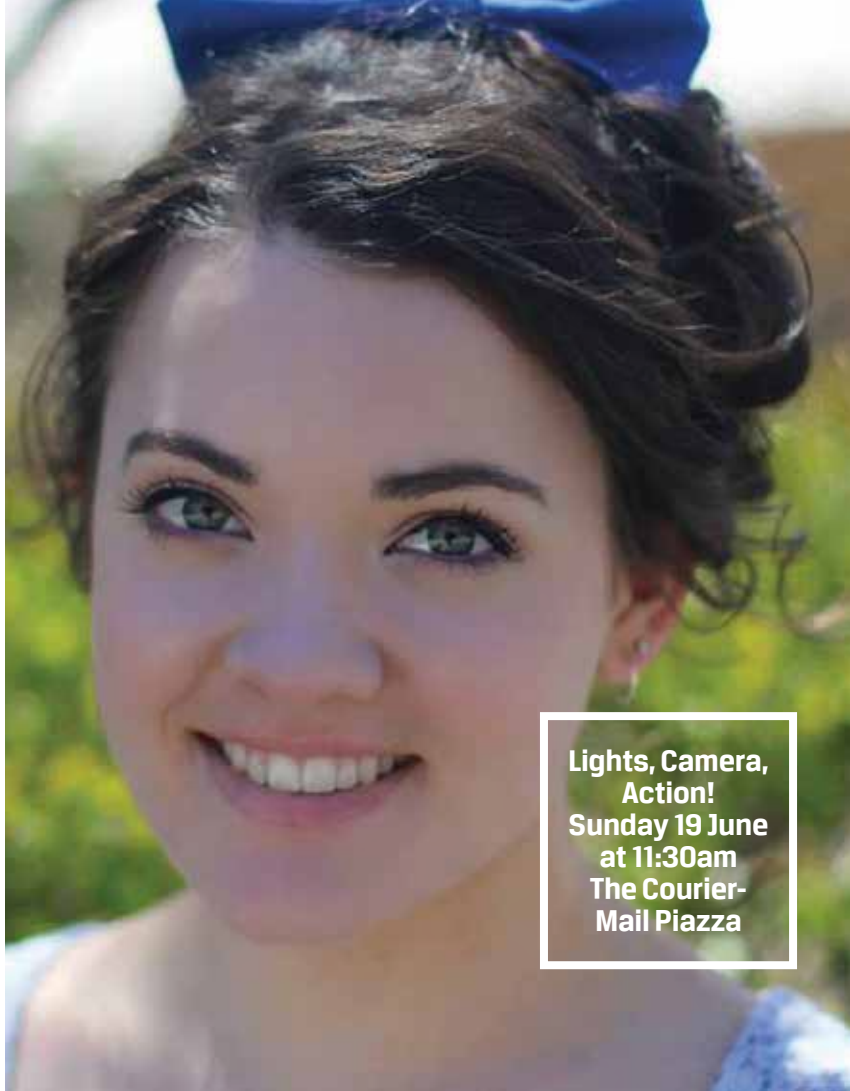
Ebony has just finished performing in the Queensland Conservatorium production of Sweet Charity, where she played the leading role of Charity.

Her other accolades include starring in The Little Mermaid, Peter Pan, Pirates of Penzance and Godspell.

Ebony's love for the arts first started while dancing at Sharon Alback Dance Centre at Redcliffe, where she invested many hours studying. In 2011, at age 13, she first discovered her voice and began her involvement in community theatre at Brisbane Junior Theatre.

With Lights, Camera, Action! QSO will bring to life music from the stage, screen and TV like you've never heard before. Experience classics from Star Wars and ET, familiar television themes and popular musicals.

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Stopping No Stations

- The MBRL will not be open by mid-2016
- Safety non-negotiable
- What went wrong

The long awaited billion dollar Moreton Bay Rail Link (MBRL) has been delayed due to serious concerns about the signalling system. Since early March Queensland Rail have been running a testing program on the 14 kilometers of new track. The testing was in preparation to meet the line's original opening which was quoted by all sources to be mid-2016. So what went wrong?

As part of the comprehensive testing Queensland Rail apparently gave a fail to the signalling infrastructure for safety and performance.

The main safety concern raised during Queensland Rail's investigation is the increased risk of 'signals passed at danger'.

Minister for Transport, Stirling Hinchliffe said that 'signals passed at danger' is like running a red light.

"Given the significance of this project and today's advice I've made the following decision – the rail line will not be commissioned until Queensland Rail assesses

it as entirely safe and fit for our entire peak and non-peak services"

"This is non-negotiable" he said, and ordered an independent review.

Luke Howarth, Federal Member for Petrie agreed that it is critical the Moreton Bay Rail Link does not open until it is safe to do so but was disappointed by the delay.

"I am extremely disappointed that the opening of the Moreton Bay Rail Link has been delayed. This delay will be a blow to residents in the Moreton Bay Regional Council area, who were counting on its completion by the middle of the year" he said.

Then last Friday (June 3) the State Government released the terms for the independent review of the signalling system.

The review will consider components of the infrastructure project as they relate to the signalling systems including governance and contractual processes and the performance and integration of the signalling systems during design and construction (you can read that as: who's to blame).

It is expected that the review will be complete by the end of July.

The revised open date will depend on the outcome of the review. More to come.





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Students share roundabout ideas with Federal Minister

A group of students from Southern Cross Catholic College Kippa-Ring Campus have presented their designs for the soon to be upgraded Rothwell Intersection

Federal Member for Petrie Luke Howarth MP invited Mr Chester to visit the school today.

Mr Chester said the Coalition has committed up to \$11.7 million to the new intersection.

"Establishing a signalised intersection at the junction of Anzac Avenue and Deception Bay Road will greatly improve

traffic flow and safety for local commuters," Mr Chester said.

"Progress is being made on the project and it's great to see some of the ideas that the students at Southern Cross College were able to come up with.

"When construction commences, it will not only be a win for the local community but also a reward for the hard work of Luke Howarth, who lobbied my predecessor vigorously for funding to deliver this vital upgrade."

Mr Howarth said he was pleased that the Minister was able to meet the local students and hear about their ideas.

"The students came up with their proposals for the intersection using their own initiative because even at a young age, they recognise the importance of the upgrade to our community," Mr Howarth said.

"The Coalition's commitment to this project put pressure on the State Government to also commit and I look forward to its construction which is expected to start later this year."



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LUKE HOWARTH

Member for **Petrie**

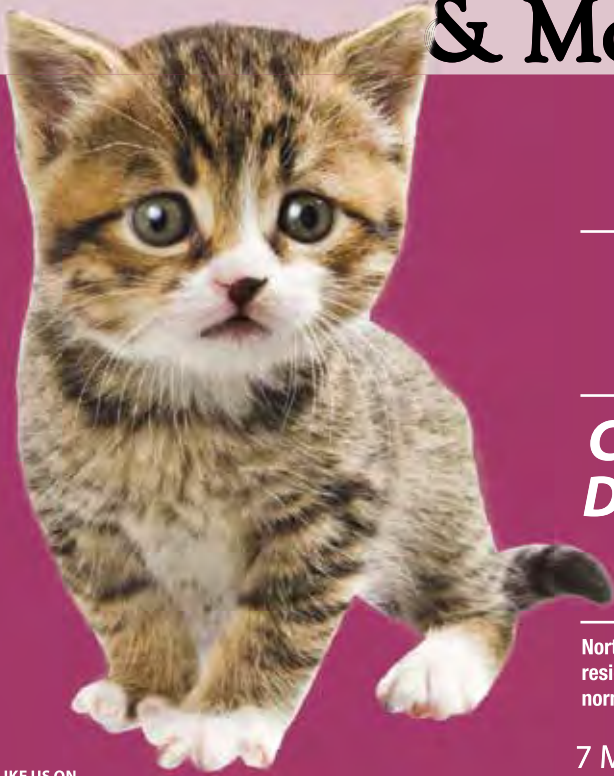


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I'm drinking and sleeping around to deal with pain

Hello Leonie,

I have need of your advice. I have broken up with my long time partner early last month because he would not give up smoking weed. We were bottoming out financially and I was always carrying the bills and paying of his debts.

On the one hand I had to go and I know I had to go but I am so full of heartache and sadness. I find myself considering going back. I have been doing anything to distract myself from the pain. Drinking too much and sleeping around. It makes me feel better in the moment but then in the morning I feel like crap. I really want to get it together, start saving and find someone decent.

When I'm out and about with friends I do better but the minute I'm on my own, I fall apart. He is texting me constantly and sometimes I text back because I miss and worry about him but I also know that he will never change.

How can I be ok on my own and get on with my life? I am so worried that I will just go back to him because I am so upset and then all this upset would have been for nothing and I would be back in a dead end relationship – but not crying.

Nicole/Bridgeport

Hi Nicole,

The grief of breaking up is real regardless of who ends the relationship.

People going through the trauma of ending a relationship normally follow a certain pattern. At first there is a clear direction in mind. Something has happened which has pushed a person to end the relationship and in the beginning they are very clear about why they have ended the union, what wasn't working and that they were out of resources, patience and willingness to keep working on things. There is often a sense of relief, freedom and hope for a better future.

The next stage may see reality set in and a person may go into a tail spin as they contemplate the reality and finality of the separation and they may even engage in "Dumpers Remorse" The thing to remember is that you would not have ended the relationship if you truly felt that it had the potential to offer what you need for a happy union. You ended it because on one or many levels, it wasn't working.

Many people will do what you are doing and that is they try to distract themselves from thinking about the breakup by doing everything from over working to substance abuse and being promiscuous. To recover from any upset we need to fully experience the pain so that we can fully process it. Otherwise it's like putting cling wrap over the hurt and saving it for later. My advice is to stop distracting yourself, face the breakup and sit with the pain, learn from it and then put it in your rear view mirror.

I believe that if people can just give themselves time to get over the grief and emotional attachment of an ex partner they would come out the other end relieved that they waited it out until the panic and grief passed. What often happens is that a person will do either one or two things. They may panic and tail spin into regret, playing negative loops in their head like "What have I done! What if I never find anyone else?" and so on. The second thing that may happen is that the person who ended it may start to worry about the person whom they dumped and make a series of phone calls, text messages and emails checking in to see if they are ok.

Let's look at the first scenario – Here you really need to think about the things that made you unhappy and not the things that you could train yourself to live with. Sometimes when we get only a brief distance from a relationship that wasn't working we only remember the good things and may engage in Dumpers Remorse. However if we make a conscious effort to remember those times where he chose you over me, let you carry his debt and failed to be there for you will see that you have done the right thing by ending the relationship. When we give it a few months, we tend to remember our relationship with an ex very clearly, warts and all and this is the reason I feel that time and distance are the key to recovery.

Now let's look at the second scenario – people have been recovering and getting over a broken heart since the beginning of mankind. All you are doing by calling/texting/emailing/face booking or whatever to check on an ex partner is giving them false hope – leave them alone already! If you start to invest in yourself in all ways, I firmly believe that you will be happier with or without a partner.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

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Ricotta Herb Gnocchi with Speck & Burnt Butter Sauce

Ingredients:

1 1/2 cups fresh ricotta cheese
1 egg
1/2 cup plain flour (extra for dusting)
1/2 cup grated parmesan cheese
1/4 cup chopped herbs (dill & parsley)
Salt and pepper to season
125g butter
100g Smoked Speck (cut into strips)
(or 4 rashers of bacon thinly sliced)
1 lemon
Extra Parsley to serve
Extra Parmesan to serve

Method:

Place ricotta, egg, plain flour and chopped herbs and combine until the dough comes together. Add a little extra flour if needed.

Lightly dust the bench with flour. Divide the dough into 4 even portions and roll each into long rolls (approx 2cm wide) and cut into pieces (approx 3cm long). Dust lightly with more flour and place on tray. Refrigerate for 30mins to set before cooking.

Bring a medium pot of salted water to the boil. Carefully drop the gnocchi into the water. Cook in 2 batches. Once the gnocchi floats to the surface they are cooked. Drain and add directly to the sauce.

Meanwhile in a medium size frypan heat on medium to high heat. Add butter and cook with speck until crispy and the butter is a golden brown colour. Add cooked gnocchi straight into the pan and toss until well coated. Season with salt and pepper. Turn off heat and add lemon juice and serve with extra parmesan and parsley.

Enjoy, Wendy



Your Stars



Aquarius Jan 21-Feb 19: A once united front deteriorates into dissention, but don't get discouraged. Associates will regroup after a few days of venting.



Pisces Feb 20-March 20: Sparks are flying, but you didn't expect romantic complications. You'll have to choose between passion and love.



Aries March 21-April 20: Financial tensions are getting in the way. Stop all the talk of whom owes whom, it's really about emotional support.



Taurus April 21-May 21: Your refusal to yield worked to your benefit, but now you need to put out feelers for a compromise. You've never been closer to finding a fit.



Gemini May 22-June 21: This is not the time to be accommodating. Any concession on your part will only invite attack. Stand firm and the other side backs down.



Cancer June 22-July 23: Work with the system in place. Though not long for this world, it's there long enough to make life difficult at work if you don't.



Leo July 24-Aug 23: Don't let your impatience lead you to kill the goose that lays the golden eggs. Adopt a free range policy and it will produce time and time again.



Virgo Aug 24-Sept 23: You're smarting from recent altercations so wait to access things. You're still walking away with much more than you came in with.



Libra Sept 24-Oct 23: You have to sacrifice to protect your interests, but don't go with the obvious choice. Dig around and you'll find something you can live without.



Scorpio Oct 24-Nov 22: You can't move forward with a relationship, and you can't back out. What to do? Explore every conceivable option you can think of.



Sagittarius Nov 23-Dec 21: Negotiations are down to the wire. Play hard to get a while longer and you'll wind up with most, if not all of what you want.



Capricorn Dec 22-Jan 20: Someone can be in the driver's seat, but it doesn't mean they know what they're doing. Your familiarity with the lay of the land makes you invaluable.

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when everything
seems impossible



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NINE

6.00 PAW Patrol. **6.30** Dora.
7.00 Weekend Today. **10.00**
 Today Extra: Saturday. **12.00**
 The Investment Series. **12.30**
 Nine Presents. **12.45** Full Cycle.
1.15 The NRL Rookie. **2.15**
 Clipped. **2.45** Movie: Jumping
 The Broom. (PG) (2011) Paula
 Patton. **5.00** News: First At Five.
5.30 Getaway. (PG) **6.00** Nine
 News. **7.00** The Voice. (PG) **8.40**
 The Voice. (PG) **10.55** Movie:
 In Good Company. (PG) (2004)
 Dennis Quaid, Scarlett Johansson.
 A man discovers that his new
 boss is dating his daughter. **1.10**
 Movie: The Rite. (M) (2011) Colin
 O'Donoghue, Anthony Hopkins.
3.15 Nine Presents. **3.30** The
 Baron. (PG) **4.30** Global Shop.
5.00 Leading The Way. (PG) **5.30**
 Wesley Impact.

GO!

6.00 Children's Programs. **10.30**
 Ben 10. (PG) **11.00** Heidi. **11.30**
 Pirate Express. **12.00** Kitchen
 Whiz. **12.30** Yu-Gi-Oh! (PG) **1.00**
 Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG)
2.00 Wild Kratts. **2.30** Sonic
 Boom. (PG) **3.00** Power Rangers
 Dino. (PG) **3.30** Teen Titans. (PG)
4.00 Problem Solverz. (PG) **4.30**
 Ben 10. (PG) **5.00** Movie: Scooby-
 Doo! And The Legend Of The
 Vampire. (G) (2003) **6.30** Movie:
 TMNT. (PG) (2007) **8.15** Movie:
 The Last Airbender. (PG) (2010)
10.15 Movie: Beautiful Creatures.
 (M) (2013) **12.40** Go Girls. (M)
1.35 Surfing Australia TV. **2.30**
 Yu-Kai. (PG) **3.00** Yu-Gi-Oh! (PG)
3.30 Yu-Gi-Oh! (PG) **4.00** Beware
 The Batman. (M) **4.30** Problem
 Solverz. (PG) **4.50** Thunderbirds.
5.30 Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00**
 Weekend Sunrise. **10.00** Morning
 Show. (PG) **12.00** Road To
 Rio. **12.30** Olympians: Off The
 Record. **1.00** Bewitched. **1.30** I
 Dream Of Jeannie. **2.00** Horse
 Racing. Stradbroke Handicap
 Day. Featuring the Group 1 \$1.5
 million Stradbroke Handicap
 (1400m). **4.30** Border Security.
 (PG) **5.00** Creek To Coast. **5.30**
 Qld Weekender. **6.00** News. **7.00**
 Movie: Finding Nemo. (G) (2003)
 Albert Brooks. **9.00** Movie: Men
 In Black II. (PG) (2002) Tommy Lee
 Jones, Will Smith. A secret agent
 enlists his former partner. **10.45**
 Movie: After Earth. (M) (2013)
12.45 Desperate Housewives. (M)
2.00 Shopping. **4.00** It Is Written.
 (PG) **4.30** Sons And Daughters.
 (PG) **5.00** Dr Oz. (PG)

7TWO

6.00 Shopping. **8.00** Room For
 Improvement. **9.00** The Real
 Seachange. **10.00** Dealers. (PG)
11.00 Dr Oz. (PG) **12.00** Travel
 Oz. (PG) **1.30** SA Life Favourites.
2.00 Home In WA. **2.30** Great
 South East. **3.00** Creek To Coast.
3.30 Qld Weekender. **4.00**
 WA Weekender. **4.30** Sydney
 Weekender. **5.00** Lucky To Be
 Alive. (PG) New. **5.30** Secret
 Location. (PG) **6.30** The Queen's
 90th Birthday Celebration. **9.00**
 Escape To The Country. **10.00**
 Original Features. **11.00** Air Crash
 Investigation. (PG) **12.00** Zero
 Hour. (M) **1.00** Sydney Weekender.
1.30 WA Weekender. **2.00** Qld
 Weekender. **2.30** Creek To Coast.
3.00 Home In WA. **3.30** SA Life
 Favourites. **4.00** Dr Oz. (PG) **5.00**
 Late Programs.

TEN

6.00 Fishing Edge. **6.30** The
 Home Team. **7.00** RPM. **8.00**
 Family Feud. **8.30** St10. (PG)
11.00 The Living Room. **12.00** All
 4 Adventure. (PG) **1.00** Healthy
 Homes TV. **1.30** The Doctors.
 (PG) **2.30** Judge Judy. (PG) **3.00**
 The Renovation King. **3.30**
 Everyday Gourmet. **4.00** What's
 Up Down Under. **4.30** Places We
 Go With Jennifer Adams. (PG)
 Return. **5.00** News. **6.00** Modern
 Family. (PG) **6.30** Bondi Vet. (PG)
 Bondi-based vet Dr Chris Brown
 is confronted with an unlikely
 snake bite victim, the snake itself.
7.30 Rugby Union. International
 Test Series. Australia v England.
 Game 1. **10.00** Shark Tank. (PG)
11.00 48 Hours. (M) **12.00** 48
 Hours. (M) **1.00** Shopping. **5.00**
 Hour Of Power.

ONE

6.00 Home Shopping. **8.00** Star
 Trek: Voyager. (PG) **9.00** Hogan's
 Heroes. **10.00** World Sport. **10.30**
 Get Smart. (PG) **11.30** MacGyver.
 (PG) **12.30** Diagnosis Murder.
 (PG) **1.30** Moments Of Impact.
 (PG) **2.30** M*A*S*H. (PG) **3.30**
 Attenborough's Animal House.
4.30 Reel Action. **5.00** Adventure
 Angler. **5.30** David Attenborough's
 Planet Earth. **6.30** Last Man
 Standing. (PG) **7.30** Star Trek:
 The Next Generation. (PG) **8.30**
 The X-Files. (M) **9.30** Minority
 Report. (M) **10.30** Zoo. (M) **12.30**
 Bellator MMA. (M) **2.30** Star Trek:
 The Next Generation. (PG) **3.30**
 RPM GP. **4.00** Motorcycle Racing.
 MotoGP. Catalunya Grand Prix.
 Race 7. Replay. From Circuit de
 Catalunya, Montmeló, Spain. **5.30**
 Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.30** Rage. (PG)
11.45 Reality Check. (PG) **12.20**
 Two Men In China. (PG) **1.20**
 Broadchurch. (M) **2.05** Antiques
 Roadshow. **3.05** Tony Robinson's
 Dream Of Jeannie. **3.35** Animal Super
 Senses. Final. **4.30** Landline.
5.00 Midsomer Murders. (PG)
6.25 Election Announcement:
 The Coalition. **6.30** Gardening
 Australia. **6.55** Election
 Announcement: The
 Coalition. **7.00** ABC News.
7.30 Father Brown. (PG) Final.
 Voodoo priest Emmanuel
 summons the spirit of Baron
 Samedi. **8.15** Indian Summers. (M)
9.05 The Doctor Blake Mysteries.
 (M) **10.05** Rake. (M) **11.05**
 8MMM. (M) **11.30** Rage. (PG)
5.00 Rage. (PG)

ABC2

6.00 Children's Programs. **5.25**
 The Hive. **5.30** Hoot Hoot Go!
5.40 Peppa Pig. **5.50** Go Jetters.
6.00 Peg + Cat. **6.15** Peter Rabbit.
6.25 Octonauts. **6.40** Ben And
 Holly. **6.50** Shaun The Sheep. **7.00**
 Spicks And Specks. **7.30** Highway
 Thru Hell. (M) **8.15** Would I Lie To
 You? **8.45** The Chaser's Election
 Desk. **9.15** Live At The Apollo. (M)
10.00 Comedy Up Late. (M) **10.30**
 Broad City. (M) **10.55** Louie. (M)
11.15 Louie. (PG) **11.35** Louie. (M)
12.00 Louie. (M) **12.30** Louie. (M)
1.05 Louie. (M) **1.30** Adam Hills:
 The Last Leg. (M) **2.00** Highway
 Thru Hell. (M) **2.50** News Update.
2.55 Close. **5.00** Toby's Travelling
 Circus. **5.10** Lily's Driftwood Bay.
5.15 Rastamouse. **5.30** Angelina
 Ballerina. **5.45** Postman Pat
 Special Delivery Service.

SBS

6.00 Soccer. UEFA Euro 2016.
 Group A. Match 1. France v
 Romania. Continued. **7.00**
 WorldWatch. **2.00** Equestrian. FEI
 Jumping World Cup. **3.00** Food
 Lovers' Guide To Australia. **3.30**
 Pan-American Road Trip. (PG)
4.35 Beat The Ancestors. (PG)
5.30 DNA Nation. (PG) **6.30** SBS
 World News. **7.30** Hidden Killers
 Of The Tudor Home. (PG) **8.35**
 RockKwiz Salutes The Legends.
9.35 Movie: Walk The Line. (M)
 (2005) **12.05** The Highwaymen:
 Friends Till The End. **1.05** Masters
 Of Sex. (MA15+) **2.15** Masters Of
 Sex. (MA15+) **3.15** Masters Of
 Sex. (MA15+) **4.15** Food Lovers'
 Guide To Australia. **4.50** The Date.
 (PG) **5.00** CCTV News. (PG) **5.30**
 NHK World English News. **5.45**
 WorldWatch.

SBS2

6.00 WorldWatch. **12.05** Hindi
 News. **12.30** Dutch News. **1.00**
 The Tim Ferriss Experiment. (PG)
1.25 The Tim Ferriss Experiment.
 (PG) **1.50** Do Or Die. (PG) **2.15**
 Do Or Die. (PG) **2.40** Planet Sport.
3.40 Celebrity Chef. **5.00** Brain
 Games. **5.30** India With Guy
 Martin. (PG) **6.30** Soccer. UEFA
 Euro 2016. Highlights. **7.30** If You
 Are The One. **8.35** Heston's Recipe
 For Romance. (PG) **9.30** Movie:
 Frances Ha. (MA15+) (2012)
11.05 Lil Bub & Friendz. (M)
12.20 Cycling. UCI World Tour.
 Criterium du Dauphiné. Stage
 6. La Rochette to Mèribel. 141
 km mountain stage. **1.50** Movie:
 Winter's Bone. (MA15+) (2010)
3.40 CCTV News In English From
 Beijing. **5.00** Korean News. **5.30**
 Indonesian News.



MOVIES

**6.20pm The Theory
 Of Everything**
 (2014) Biography.
 Eddie Redmayne,
 Felicity Jones. (PG)
Masterpiece
8.30pm Amy (2015)
 Documentary. Amy
 Winehouse, Mitch
 Winehouse. (MA15+)
Masterpiece
**8.30pm Pitch
 Perfect 2** (2015)
 Comedy. Anna
 Kendrick, Rebel
 Wilson. (M) *Comedy*

GENERAL

8.30pm Outcast.
 (MA15+) FX
**9.00pm King Of The
 Nerds.** (PG) *Comedy
 Channel*
**10.00pm Celebrity
 Legacies.** (MA15+)
 Arena

DOCUMENTARY

7.30pm Fatal Vows.
 (M) C & I
**8.30pm Australian
 Story.** (PG) *National
 Geographic People*
**9.30pm The Seven
 Five.** (MA15+) *Crime
 & Investigation*

SPORT

5.50pm Netball.
 ANZ Championship.
 Round 11. NSW
 Swifts v Queensland
 Firebirds. *Fox Sports 3*
7.30pm Football.
 AFL. Round 12.
 Geelong v North
 Melbourne. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Wide World Of Sports. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Maroon Zone. (PG) **1.30** Rugby League. QRL. Intrust Super Cup. Round 14. Burleigh v Wynnum. **3.30** Rugby League. NRL. Round 14. Manly Sea Eagles v Penrith Panthers. From Brookvale Oval, NSW. **6.00** Nine News. **7.00** 20 To One. (M) **8.00** 60 Minutes. **9.00** Killer Women With Piers Morgan. (M) **10.00** Inside The World's Toughest Prisons. (M) **11.00** Teens Behind Bars. (M) **12.00** Major Crimes. (M) **1.00** Step Dave. (M) **2.00** The Baron. (PG) **3.00** Global Shop. **3.30** Skippy The Bush Kangaroo. **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** Sonic Boom. (PG) **12.30** SpongeBob. **1.00** Yu-Gi-Oh! (PG) **1.30** Yo-Kai. (PG) **2.00** LEGO Friends. **2.30** Nexo Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Teen Titans. (PG) **4.00** Problem Solverz. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Ben 10. (PG) **6.00** Batman. (PG) **6.30** Movie: Big Mommas: Like Father, Like Son. (PG) (2011) **8.45** Movie: Starksy & Hutch. (M) (2004) **10.45** Movie: Scary Movie. (MA15+) (2000) **12.30** The Magaluf Weekender. (M) **1.30** Surfing Australia TV. **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Beware The Batman. (M) **4.30** Problem Solverz. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** The Lion Guard. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** To Be Advised. **2.00** African Cats. **4.00** Better Homes. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** House Rules. (PG) **8.00** News brings a new set of rules. **8.20** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.20** Bones. (M) Brennan and Booth investigate the death of a public defender who may have been murdered by a previous client. **10.20** Bones. (M) **11.20** Castle. (M) **12.20** Beauty And The Geek Australia. (PG) Hosted by Bernard Curry. **1.20** Harry's Practice. Dr Harry visits a terrier. **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Best Houses Australia. (PG) **10.00** Home And Away Catch-Up. (PG) **12.30** Dealers. (PG) **2.00** Storage Hoarders. **3.00** Secret Location. (PG) **4.00** Escape To The Country. **6.00** Mighty Ships. (PG) **7.00** For The Love Of Dogs. (PG) **7.30** Border Patrol. (PG) **8.00** Motorway Patrol. (PG) **8.30** Escape To The Country. **9.30** Escape To The Continent. **10.45** Mighty Ships. (PG) **11.45** Best Houses Australia. **12.15** Dealers. (PG) **1.45** Escape To The Country. **2.45** Escape To The Continent. **4.00** Dr Oz. (PG) **5.00** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** St10. (PG) **11.00** The Doctors. (PG) **12.00** Netball. ANZ Championship. Round 11. Melbourne Vixens v Northern Mystics. **2.00** Judge Judy. (PG) **2.30** The Offroad Adventure Show. **3.00** iFish. **3.30** RPM GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Sunday. Hosted by Grant Denyer. **6.30** Modern Family. (PG) Phil, Luke and Manny try to take down a peeping Tom's drone that is spying on a sunbathing Gloria. **7.00** Modern Family. (PG) **7.30** MasterChef Aust. **9.00** Movie: RED 2. (M) (2013) Bruce Willis, John Malkovich. **11.20** The Graham Norton Show. (M) **12.20** 48 Hours. (M) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. Test Series. Australia v England. Game 1. **10.30** Reel Action. **11.00** Temporary Australians. **11.30** Extreme Fishing. **12.30** Undercover Boss. **1.30** ST: Next Gen. **2.30** World Sport. **3.00** Megacities. **4.00** Megafactories. **5.00** What's Up Down Under. **5.30** iFish. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. **7.30** CSI: Cyber. **8.30** David Attenborough's Death Of The Oceans? **9.30** Melbourne International Comedy Festival Opening Night Supershow. **11.30** World Sport. **12.00** The Killing. **1.00** RPM GP. **1.30** RPM. **2.30** Extreme Boats' Big Angry Fish. **3.00** Adventure Angler. **3.30** Operation Repo. **4.00** Temporary Australians. **4.30** Greatest Teams. **5.30** Whacked Out Sports.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Skullbone Plains. **2.45** Robyn Beeche. **3.15** The Book Club. **3.45** Australian Story. **4.15** Rise Of The Animals. **5.15** Father Brown. (PG) Final. **6.00** Surfing The Menu: Next Gen. **6.25** Election Announcement. **6.30** Compass. (PG) **6.55** Election Announcement. **7.00** News. **7.40** Grand Designs. **8.30** Miniseries: Doctor Thorne. (PG) **9.20** Miniseries: Death Comes To Pemberley. (M) **10.20** Shaun Micallef's MAD AS HELL. (PG) **10.50** Hiding. (M) **11.50** By Any Means. (M) **12.50** Whitechapel. (M) Final. **1.40** Late Programs.

ABC2

6.00 Children's Programs. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. (PG) **8.20** The Daters. (M) **8.30** Michael McIntyre's Comedy Roadshow. (M) **9.15** Louis Theroux: Twilight Of The Porn Stars. (M) **10.15** Sex Change Soldier. (M) **11.00** Buzzcocks. (M) **11.35** Junior Doctors: Your Life In Their Hands. (PG) **12.30** Seconds From Disaster. (PG) **1.20** The Home Show. (PG) **2.05** News Update. **2.10** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** The Bowls Show. **2.00** Speedweek. **4.00** InCycle. **4.30** FIFA World Cup 2006: Two Weeks In June. **5.30** Escape From Colditz. **6.30** SBS World News. **7.35** Dead Sea Treasure Map. (PG) **8.30** How To Find Love Online. **9.30** Cancer: The Emperor Of All Maladies. (PG) **10.35** Erebus: Air Crash Antarctica. (M) **11.55** Movie: Giovanna's Father. (M) (2008) **1.50** Movie: Birdwatchers. (M) (2008) **3.45** The Man Who Jumped. (M) **4.45** Jousour Project. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS2

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **1.00** Movie: Black Lightning. (PG) (2010) **2.55** Friday Feed. **3.25** Space Dandy. (PG) **3.55** The Brain: China. **5.30** Soccer. UEFA Euro 2016. Highlights. **6.35** Ninja Warrior Sweden. (PG) **7.30** If You Are The One. **8.30** Drunk History UK. (MA15+) **9.00** South Park. (M) **9.25** Whaled Women. (MA15+) **9.35** Cycling. UCI World Tour. Criterium du Dauphiné. Final stage. Le Pont-de-Claix to Superdévouly. 151km mountain stage. **11.15** Full Frontal With Samantha Bee. (M) **11.40** Sex - Made In Germany. (MA15+) **12.35** Shot By Kern. (MA15+) **1.00** Cutie And The Boxer. (PG) **2.30** Kurt Wallander. (M) **4.15** WorldWatch. **5.30** Indonesian News.



MOVIES

7.30pm Harry Potter And The Prisoner Of Azkaban (2004) Fantasy. Daniel Radcliffe, Rupert Grint. (PG) **8.30pm** Mission: Impossible - Rogue Nation (2015) Action. Tom Cruise, Jeremy Renner. (M) **10.30pm** District 9 (2009) Sci-fi. Sharlto Copley, David James. (MA15+) Action

GENERAL

8.00pm Community. (PG) Comedy Channel **8.30pm** Mairgret. (M) BBC First **8.30pm** Bob's Burgers. (MA15+) Comedy Channel

DOCUMENTARY

4.30pm Viking Women. (PG) History **6.00pm** Colour Theory. (PG) Foxtel Arts

SPORT

6.00am Cricket. Tri-Nation ODI series. Australia v South Africa. Fox Sports 4 **4.00pm** Rugby League. NRL. Round 14. Manly Sea Eagles v Penrith Panthers. Fox Sports 1 **4.30pm** Football. AFL. Round 12. GWS v Sydney. Fox Footy

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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Medicare & Optometry

The Election Campaign is in full swing and there has been discussion of the Government's Freeze on Medicare rebates until 2020.

What does Bulk Billing really mean? There is a Scheduled Fee for every service claimable through Medicare. Originally, when Scheduled Fees were set, they may have represented the actual cost of providing that service.

However, Scheduled Fees have not kept pace with inflation or CPI, so they now bear no relation to the cost of service provision.

Optometry joined Medicare in 1974. In 2014 the Scheduled Fee for an eye examination was \$71.00. In January 2015 that Scheduled Fee dropped to \$66.80.

When a provider Bulk Bills, the rebate is reduced to 85% of the Scheduled Fee, so the provider's business receives \$56.80 (not \$66.80) on behalf of the patient. Many Optometrists work to 30 or 45 minute consultation times. What would your specialist charge??

If the Scheduled Fee had kept pace over the last 42 years, it would now be over \$100.00. With the huge progress in the techniques and equipment used for eye examination, \$100.00 might pay for a 1974 eye examination, but would be inadequate in 2016.

So, there is enormous pressure to provide shorter consultations, provide poorer quality or prescribe unnecessary spectacles to compensate for Medicare inadequacies, and not invest in the latest equipment.

Optometrists may charge above the Scheduled Fee, but for many patients even a small charge would mean they would forego what may be a sight saving eye exam. Medicare should provide comprehensive eyecare!

Dr Simon Little is a therapeutically endorsed Optometrist. He owns and operates North Lakes Optometry, the only 100% Optometrist-owned Optometry Practice in North Lakes. Located at 4/12 North Lakes Drive (diagonally opposite the St George Bank). Parking available behind the building; phone 3491 6786. www.northlakesoptometry.com.au

The Miracle of Homeopathy

Written by Sarah Kottmann, Homeopath at Zen Chi Natural Therapies & Wellness

Homeopathy is a form of complementary medicine, which was discovered over 200 years ago by German physician Samuel Hahnemann.

Hahneman found that substances that produce symptoms in a healthy person can be used to treat similar symptoms in a sick person. Think of it in terms of a vaccine – where a tiny amount of the pathogen is introduced into the body, triggering the body to do all it can to heal. He called the homeopathic version of this the Law of Similars, or like curing like.

Homeopathy aims to stimulate the body's innate healing ability. Rather than controlling symptoms as some modern medicines do, homeopathic remedies trigger the body to not only heal itself, but in the process, to become stronger and more resistant in the future.

Homeopathic remedies are formulated using plant, mineral or animal materials. They are diluted to the smallest effective dose, and the more diluted, the more effective they are. In some instances, there is almost none of the source material in the remedy, just the essence that can stimulate the body to heal.

A homeopath treats the whole person, rather than the disease. So while you may be suffering from insomnia for example, the homeopath will ascertain all the different aspects to your general state of health, lifestyle, personality and unique set of circumstances to work out your particular symptoms. It is possible that your remedies will differ greatly to the next person who suffers from insomnia.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Movie: Agatha Christie's Sparkling Cyanide. (PG) (1983) Anthony Andrews, Deborah Raffin, Pamela Bellwood, Nancy Marchand. A journalist investigates after one of his fellow guests at a dinner party is poisoned. **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Voice. (PG) Hosted by Sonia Kruger. **9.30** Adele: Live In London. (PG) **10.50** Soundbreaking. (M) **12.00** The Brokenwood Mysteries. (PG) **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Power Rangers Dino Charge. (PG) **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Power Rangers Dino. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) Final. **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.00** Top Gear. (PG) **9.30** Movie: V For Vendetta. (MA15+) (2005) **12.00** The NRL Rookie. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **10.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: What Makes A Family. (PG) (2001) **2.00** Better Homes. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** House Rules. (PG) The homeowners return to check out their renovated houses as the teams watch their reactions. **9.15** Criminal Minds: Beyond Borders. (M) After an American girl leaves home to meet her boyfriend in Turkey, the team suspects she is in trouble. **10.15** Criminal Minds: Beyond Borders. (M) American murder victims are found in Cuba. **11.15** Grey's Anatomy. (M) **12.15** Dr Oz. (PG) **1.15** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Best Houses Australia. **12.00** Escape To The Country. **1.00** Dr Oz. (PG) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** RSPCA Animal Rescue. **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. **7.30** Cities Of The Underworld. (PG) **8.30** Prime Suspect. (M) Detective Tennison investigates a drug murder that she believes is linked to a smooth crime boss. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** Dr Oz. (PG) **4.30** Harry's Practice. **5.00** Grainger's World: Heroes Of The Amazon.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** MasterChef Aust. **2.40** Ent. Tonight. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Have You Been Paying Attention? (M) A fast-paced, irreverent look at news, with guests competing to see who can remember the most about events of the week. **9.40** NCIS: New Orleans. (M) A marine is murdered. **10.40** Elementary. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** RPM GP. **8.30** RPM. **9.30** Operation Repo. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **9.30** Motor Racing. Formula 1. Race 7. Canadian Grand Prix. From the Gilles Villeneuve Circuit, Montreal, Canada. **10.30** Wilfred. (MA15+) **11.00** Star Trek: Voyager. (PG) **12.00** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Jake And The Fatman. **4.00** Get Smart. (PG) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Landline. **11.00** Compass. (PG) **11.30** Eggheads. **12.00** News. **1.00** Grand Designs. (PG) **2.00** Miniseries: Doctor Thorne. (PG) **2.50** Surfing The Menu: The Next Generation. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.25** The Drum. **5.55** Antiques Roadshow. **6.55** Election Announcement. **7.00** News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Golf. PGA Tour. St Jude Classic. Highlights. **12.25** Movie: The Night, The Prowler. (M) (1978) Ruth Cracknell, John Frawley. A young woman is attacked by a prowler. **1.50** Rage. (MA15+) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.20** Gruen Pitch Rewind. (PG) **8.30** Louis Theroux: Law And Disorder In Philadelphia. (M) **9.30** Ross Kemp: Extreme World. (M) **10.15** Adam Hills: The Last Leg. (M) **10.45** Jimmy Fallon. (PG) **11.25** Michael McIntyre's Comedy Roadshow. (M) **12.10** Doctor Who. (PG) **1.00** Jimmy Fallon. (PG) **1.45** News Update. **1.50** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Hermitage Revealed. **3.00** The Lakes. **3.30** Hairy Bikers' Asian Adventure. (PG) **4.30** A Great Welsh Adventure With Griff Rhys Jones. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Michael Mosley: Trust Me, I'm A Doctor. **8.30** The Island With Bear Grylls. Return. **9.25** Lockerbie: My Brother's Bomber. (PG) **10.30** SBS World News Late Edition. **11.00** Trepalium. (M) **12.00** Trepalium. (M) **12.55** Movie: Thirst. (AV15+) (2009) **3.25** 24 Hours In Emergency. (M) **4.20** Long Distance Information. (M) **4.30** Soccer. UEFA Euro 2016. Group E. Match 10. Belgium v Italy.

SBS2

6.00 WorldWatch. **7.00** Soccer. UEFA Euro 2016. Group D. Match 5. Turkey v Croatia. **9.05** WorldWatch. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** The Numbers Game. **4.30** India's Dancing Superstar. **5.30** If You Are The One. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** The Feed. **8.00** Human Resources. (M) **8.30** Awkward. (M) **8.55** Faking It. **9.25** Movie: Close Encounters Of The Third Kind. (PG) (1977) **12.05** Movie: Gattaca. (M) (1997) **2.00** The Feed. **2.30** Assassination Classroom. (PG) **3.00** Assassination Classroom. (PG) **3.25** RuPaul's All Stars Drag Race. (PG) **4.20** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Magic Mike XXL (2015) Comedy. Channing Tatum, Joe Manganiello. (MA15+) **Premiere**
8.30pm Trainwreck (2015) Comedy. Amy Schumer, Bill Hader. (MA15+) **Comedy**
10.30pm Terminator: Genisys (2015) Action. Emilia Clarke. (M) **Premiere**

GENERAL

9.00am Top 40 Biggest Hits Of All Time. V [Hits]
10.00am The 70th Annual Tony Awards. Foxtel Arts
9.30pm The Following. (MA15+) FX

DOCUMENTARY

6.30pm In Their Own Words. (PG) History
7.30pm Bondi Rescue. (PG) National Geographic People
9.30pm Unusual Suspects. (M) Crime & Investigation

SPORT

6.00am Golf. USPGA Tour. St Jude Classic. Final round. Fox Sports 3
3.00pm Football. AFL. Round 12. Melbourne v Collingwood. Fox Footy

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1306

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Love Child. (M) **2.00** Love Child. (M) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** 20 To One. (PG) Host Fitz and Wippa celebrates epic fails. **8.30** Britain's Got Talent. (PG) Auditions continue as weird, wacky and wonderful acts compete in front of celebrity judges. **10.00** 2 Broke Girls. (M) **10.30** 2 Broke Girls. (M) **11.00** Beauty And The Beast. (M) **12.00** 20/20. **1.00** Anger Management. (M) **1.30** Danzo Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Problem Solverz. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** The NRL Rookie. (PG) **8.30** Best Ink. (M) **10.30** Tattoo Fixers. (M) **11.30** South Beach Tow. (M) **12.00** Impractical Jokers. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Problem Solverz. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Midwest Obsession. (M) (1995) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** House Rules. (PG) **8.45** Kiss Bang Love. (PG) Blindfolded contestants kiss 12 potential partners, to help them decide who to take on a romantic weekend getaway. **10.00** Ramsay's Kitchen Nightmares. (M) Follows chef Gordon Ramsay as he tries to save failing restaurants across Britain. **11.00** The Goldbergs. (PG) **11.30** Bates Motel. (M) Return. **12.30** Hannibal. (MA15+) Final. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Cities Of The Underworld. (PG) **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** Coastwatch Oz. (PG) **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. **7.30** Pie In The Sky. (PG) **8.30** The Last Detective. (M) Davies investigates when it seems that a semi-secret fraternal organisation is running a life-insurance scam. **10.10** Air Crash Investigation. (PG) **11.10** Zero Hour. (M) **12.10** Bargain Hunt. **1.10** Dealers. (PG) **2.10** Dr Oz. (PG) **4.10** Harry's Practice. **5.00** Towards The Golden Triangle.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Studio 10. (PG) **11.00** MasterChef Aust. **12.10** Offspring. (M) **1.10** Offspring. (M) **2.10** Ent. Tonight. **2.40** GCB. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. Special guests join the contestants. **8.40** NCIS. (M) Tony's identity is stolen by multiple perpetrators who then start blackmailing senators. **9.40** NCIS: LA. (M) The team searches for a North Korean spy. **10.40** NCIS: LA. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Megacities. (PG) **9.00** Megafactories. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** 48 Hours. **8.30** Movie: The East. (M) (2013) Brit Marling, Alexander Skarsgård, Ellen Page. An undercover agent is tasked with infiltrating a dangerous eco-terrorist group. **11.00** The Americans. (M) **12.00** Home Shopping. **2.00** Matlock. (M) **3.00** Nash Bridges. **4.00** Jake And The Fatman. **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Save Your Life Tonight. **11.30** Eggheads. **12.00** News At Noon. **1.00** Breathless. (M) **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.25** The Drum. **5.55** Antiques Roadshow. **6.55** Election Announcement: The Greens. **7.00** ABC News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Revolution School. **9.30** Foreign Correspondent. **10.00** The Book Club. **10.30** Lateline. **11.00** The Business. **11.20** Q&A. **12.25** Derek. (MA15+) **12.50** Rage. (MA15+) **3.50** Breathless. (M) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Gruen Pitch Rewind. **8.30** Good Game. (M) **9.00** Black Comedy. (M) Final. **9.30** Our Crime. (M) **10.30** Adam Hills: The Last Leg. (M) **11.15** Jimmy Fallon. (PG) **11.55** Ross Kemp: Extreme World. (M) **12.40** A Different Breed. (PG) **1.25** Doctor Who. (PG) **2.15** Jimmy Fallon. (PG) **2.55** News Update. **3.00** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 Soccer. UEFA Euro 2016. Group E. Match 10. Belgium v Italy. Continued. **7.00** WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Classical Destinations. **3.00** Literary Landscapes. **3.30** Man On Mars: Mission To The Red Planet. **4.30** A Year In The Wild. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great Continental Railway Journeys. **8.30** Insight. **9.30** Dateline. **10.00** SBS World News Late Edition. **10.30** 1864: Denmark's War. (MA15+) **11.35** 1864: Denmark's War. (MA15+) **12.45** Inspector Montalbano. (M) **2.50** One Born Every Minute. (M) **3.50** One Born Every Minute. (M) **4.50** Lichen. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.30** Flight 920. (PG) **5.30** If You Are The One. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** Boobs. (MA15+) **9.35** Orphan Black. **10.25** Wild Ride. (M) **10.55** Wild Ride. (M) **11.25** South Park. (M) **11.50** The Feed. **12.20** The Returned. (M) **1.30** The Returned. (M) **2.30** @midnight. (M) **3.00** @midnight. (M) **3.30** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.25pm Mr & Mrs Smith (2005) Action. Brad Pitt, Angelina Jolie. (M) *Action*
8.30pm The Incredible Burt Wonderstone (2013) Comedy. Steve Carell, Steve Buscemi. (M) *Comedy*
10.15pm Ace Ventura: Pet Detective (1994) Comedy. Jim Carrey, Courteney Cox. (M) *Comedy*

GENERAL

7.30pm The Blacklist. (M) *FX*
8.30pm Veep. (MA15+) *Showcase*
8.30pm Wentworth. (MA15+) *SoHo*

DOCUMENTARY

7.30pm Air Crash Investigation. (PG) *National Geographic*
9.30pm Style Unzipped. *Lifestyle You*
9.30pm Deadly Women. (M) *Crime & Investigation*

SPORT

6.00am Cricket. Tri-Nation ODI series. West Indies v Australia. *Fox Sports 4*
11.00am Basketball. NBA Finals. Game 4. *ESPN*
7.30pm AFL 360. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Love Child. (M) **2.00** Love Child. (M) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** David Attenborough's The Hunt. (PG) Follows tigers, harpy eagles, chimpanzees, army ants and other predators as they rise to the challenge of hunting within the forest. Presented by Sir David Attenborough. **8.40** The NRL Footy Show. (M) **10.40** The NRL Rookie. (PG) **11.40** Anger Management. (M) **12.10** The Last Ship. (MA15+) **1.00** Extra. **1.30** Danoz. **2.30** Skippy. **3.00** Global Shop. **3.30** GMA. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Power Rangers. (PG) **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Problem Solver. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Lethal Weapon 2. (M) (1989) **11.00** Ghost Town Gold. (PG) **12.00** Impractical Jokers. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Problem Solver. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Last Man Standing. (M) (2011) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) The Morgans clash over Mason's love life. **7.30** Highway Patrol. (PG) **8.00** Highway Patrol. (PG) A man gets overly aggressive. **8.30** Criminal Minds. (M) The unit searches for a suspect who appears to be obsessed with performing "medical experiments". **9.30** Criminal Minds. (M) The unit travels to Cleveland. **10.30** Blindspot. (M) **11.30** Defiance. (M) **12.30** Dr Oz. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hairy Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Pie In The Sky. (PG) **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** Coastwatch Oz. (PG) **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. **7.30** Jonathan Creek. (M) Jonathan investigates the death of a ghost hunter. **8.30** Lewis. (M) Lewis investigates the death of the star of a university production of The Merchant Of Venice. **10.30** Mighty Planes. **11.30** Bargain Hunt. **12.30** Dealers. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** Heartbeat Of The Coral Coast Pt 1. **5.00** Heartbeat Of The Coral Coast Pt 2.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** MasterChef Aust. **12.10** Dr Phil. **1.10** Offspring. (M) **2.10** Ent. Tonight. **2.40** GCBC. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. Contestants prepare a degustation menu. **8.40** Shark Tank. (PG) The panel looks at an idea from the youngest entrepreneur to appear before them. **9.40** Hawaii Five-0. (M) The team goes on the hunt for a spy. **10.40** Hawaii Five-0. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Extreme Boats' Big Angry Fish. (PG) **8.30** Reel Action. **9.00** Undercover Boss. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Megafactories. (PG) **8.30** David Attenborough's Madagascar. Part 1 of 3. Sir David Attenborough tells the story of the island of Madagascar. **9.30** Black Ops. (M) **10.30** Sons Of Anarchy. (MA15+) **12.00** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Nash Bridges. **4.00** Jake And The Fatman. **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Q&A. **11.00** From The Heart. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Jennifer Byrne Presents. **1.55** Antiques. **2.55** The Cook And The Chef. **3.25** The Bill. **4.10** Murder, She Wrote. (PG) **5.00** News. **5.25** The Drum. **5.55** Antiques. **6.55** Election Announcement. **7.00** News. **7.30** 7.30. **8.00** QI. (M) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** The Chaser's Election Desk. **9.30** Would I Lie To You? The Unseen Bits. Final. **10.00** Comedy Up Late. (M) Final. **10.30** Lateline. **11.00** The Business. **11.20** Four Corners. **12.05** Media Watch. (PG) **12.20** Derek. (M) **12.45** QI. (M) **1.20** Would I Lie To You? The Unseen Bits. Final. **1.50** Rage. (MA15+) **3.45** Late Programs.

ABC2

6.00 Children's Programs. **4.25** Mister Maker's Arty Party. **4.45** Timmy Time. **5.00** Tree Fu Tom. **5.25** The Hive. **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Gruen Pitch Rewind. (PG) **8.30** Sherlock. (M) **10.00** Adam Hills: The Last Leg. (M) **10.40** Jimmy Fallon. (PG) **11.25** Our Crime. (M) **12.25** Doctor Who. (PG) **1.10** Jimmy Fallon. (PG) **1.50** News Update. **1.55** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Film And Its Era: Three Days Of The Condor. **3.00** Dateline. **3.30** Insight. **4.30** Queen Of Tigers. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Dan Snow's History Of Railways. (PG) **8.40** 24 Hours In Emergency. (M) **9.30** Bosch. (MA15+) **10.20** SBS World News Late Edition. **10.55** Gameplay: The Story Of The Video Game Revolution. (PG) **12.40** Movie: Murder Of The Inugami Clan. (M) (2006) **3.10** Movie: Storm. (M) (2009) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.30** Bino. (PG) **4.40** Flight 920. (PG) **5.30** If You Are The One. **6.35** Soccer. UEFA Euro 2016. Highlights. **7.35** The Feed. **8.05** Brooklyn Nine-Nine. (PG) **8.30** Brooklyn Nine-Nine. (PG) **8.55** Movie: Rurouni Kenshin. (MA15+) (2012) **11.20** Movie: The Raid. (MA15+) (2011) **1.10** The Feed. **1.40** No Limit. (M) **2.40** No Limit. (MA15+) **3.40** The Birthday Boys. (PG) **4.10** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

8.30pm Ant-Man (2015) Action. Paul Rudd, Michael Douglas. (PG) *Premiere*
10.15pm Mars Attacks! (1996) Comedy. Jack Nicholson, Glenn Close. (M) *Comedy*
10.30pm Spy (2015) Comedy. Melissa McCarthy, Rose Byrne. (MA15+) *Premiere*

GENERAL

8.00pm The Simpsons. (PG) FOX8
8.30pm The Doctor Blake Mysteries. (M) *13th Street*
8.30pm Hoff The Record. (MA15+) *Comedy Channel*

DOCUMENTARY

8.30pm A Stranger In My Home. (M) *Crime & Investigation*
8.30pm The Craven Street Bones. (PG) *History*
11.30pm On The Case. (M) *Crime & Investigation*

SPORT

9.00am Baseball. Major League Baseball. Chicago Cubs v Washington Nationals. *ESPN*
8.30pm The Winners Rebooted. *Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Love Child. (M) **2.00** Love Child. (M) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) Follows police units that operate random breath-test patrols around Australia. **8.30** Movie: Mr & Mrs Smith. (M) (2005) Brad Pitt, Angelina Jolie, Vince Vaughn. A couple, whose marriage has lost its spark, keep their jobs as hired assassins secret from each other. **11.00** The AFL Footy Show. (M) **1.00** What Would You Do? (M) **2.00** Danzo Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **8.30** Mike & Molly. (PG) **9.30** Mom. (M) **10.30** Anger Management. (M) **11.30** Two And A Half Men. (M) **12.00** Impractical Jokers. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Deceit. (M) (2004) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **8.00** Big Bang. (PG) Sheldon and Barry battle over an office. **8.30** Rush Hour. (M) When a young graffiti artist witnesses the murder of an LAPD detective, Carter and Lee must track them down. **9.30** Rush Hour. (M) After two strangers receive similar notes and are then killed by bombs, Carter and Lee scramble to identify the bomber. **10.30** Air Crash Investigation. (PG) **11.30** To Be Advised. **12.40** Grey's Anatomy. (M) **1.35** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hair Legs. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Jonathan Creek. (M) **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** Coastwatch Oz. (PG) **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. **7.30** The Vicar Of Dibley. (PG) **8.30** Murdoch Mysteries. (M) Running for his life from British Intelligence agents accusing him of murder, Murdoch finds himself with no memory. **10.30** Keeping Up Appearances. **11.15** Bargain Hunt. **12.15** Dealers. (PG) **1.15** The Vicar Of Dibley. (PG) **2.15** Keeping Up Appearances. **3.00** Harry's Practice. **3.30** Dr Oz. (PG) **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** MasterChef Aust. **12.10** Dr Phil. **1.10** Offspring. (M) **2.10** Ent. Tonight. **2.40** GCB. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** MasterChef Aust. **8.40** Shark Tank. (PG) A panel of business people are shown inventions and innovations by everyday Australians. **9.40** Law & Order: SVU. (M) The team investigates an exploitation case. **10.40** Blue Bloods. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Motor Racing. Formula 1. Race 7. Canadian Grand Prix. Replay. From Montreal, Canada. **9.00** David Attenborough's Death Of The Oceans? (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Car Crash Britain: Caught On Camera. (M) **8.30** Megacities. (PG) **9.00** Megacities. **9.30** Cops: Adults Only. (PG) **10.30** House Of Lies. (MA15+) **11.00** Star Trek: Voyager. (PG) **12.00** Home Shopping. **2.00** Cops: Adults Only. (PG) **3.00** Bellator MMA. (M) **5.00** The Doctors. (M)

ABC

6.00 News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Foreign Cor. **11.00** The Dreamhouse. (PG) **11.30** Eggheads. **12.00** News. **1.00** Breathless. (M) **1.50** Antiques Roadshow. **2.50** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. **5.00** News. **5.25** The Drum. **5.55** Antiques. **6.50** Clarke And Dawe. **6.55** Election Announcement. **7.00** News. **7.30** 7.30. **8.00** Kitchen Cabinet. **8.30** Rake. (M) **9.30** Cleverman. (M) **10.25** Lateline. **10.55** The Business. **11.15** Making Families Happy. (M) **12.10** Agony Aunts. (M) **12.40** Once My Mother. (PG) **1.55** Press Club. **2.55** Golf. PGA Tour. St Jude Classic. **3.50** Breathless. (PG) **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Gruen Pitch Rewind. (PG) **8.30** Shaun Micallef's MAD AS HELL. (PG) **9.00** The Chaser's Election Desk. **9.30** Buzzcocks. (M) **10.00** Broad City. (MA15+) **10.20** Adam Hills: The Last Leg. (M) **11.05** Jimmy Fallon. (PG) **11.45** Live At The Apollo. (M) **12.35** Alan Carr: Chatty Man. (M) **1.20** Doctor Who. (PG) **2.00** Jimmy Fallon. (PG) **2.45** News Update. **2.50** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Art And Craft. (PG) **3.05** The Dark Ages: An Age Of Light. **4.20** Fit To Rule: How Royal Illness Changed History. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Sugar Free Farm. (PG) **8.30** Poh & Co. **9.00** Made In Italy. **9.30** Follow The Money. **10.35** SBS World News Late Edition. **11.05** The Sex Clinic. (MA15+) **12.00** Movie: Phobia. (MA15+) (2008) **2.00** MythBusters. (PG) **3.05** Wildest Islands. **4.00** Food Lovers' Guide To Australia. **4.35** Death Of A Shadow. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** Flight 920. **5.30** If You Are The One. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** The Feed. **8.00** Adam Ruins Everything. (M) **8.30** MythBusters. (PG) **9.30** Going Deep With David Rees. **10.00** Going Deep With David Rees. **10.25** You've Been Trumped. (PG) **12.15** League Nation Live. **1.45** The Feed. **2.15** On The Piste. (MA15+) **3.05** Alarm For Cobra 11. (MA15+) **4.05** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm The World's Fastest Indian (2005) Biographical. Anthony Hopkins, Annie Whittle. (PG) **Masterpiece** **6.35pm** Jack The Giant Slayer (2013) Adventure. Nicholas Hoult, Ewan McGregor. (M) **Action** **8.30pm** Wrath Of The Titans (2012) Action. Liam Neeson. (M) **Action**

GENERAL

8.30pm Another Period. (MA15+) **Comedy Channel** **8.30pm** Who Do You Think You Are? (PG) UKTV **9.30pm** Aquarius. (MA15+) FX

DOCUMENTARY

8.30pm Treasures Decoded. (PG) **History** **9.30pm** Married At First Sight USA: The First Year. (PG) **Lifestyle You** **10.30pm** Rage Against The Machine Live. (M) **Foxtel Arts**

SPORT

6.00am Cricket. Tri-Nation ODI series. West Indies v South Africa. **Fox Sports 4** **10.00am** Ice Hockey. NHL. Stanley Cup Series. Game 6. **Fox Sports 2**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1606



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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Love Child. (M) **2.00** Love Child. (M) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Rugby League. NRL. Round 15. South Sydney Rabbitohs v Parramatta Eels. **10.10** Movie: The Cold Light Of Day. (M) (2012) Henry Cavill, Verónica Echegui, Bruce Willis. A Wall Street trader's family is abducted. **12.10** Movie: Season Of The Witch. (MA15+) (2011) Nicolas Cage, Ron Perlman. Two knights transport a suspected witch. **2.00** Movie: Griff The Invisible. (M) (2010) Ryan Kwanten, Maeve Dermody. **3.45** Nine Presents. (PG) **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **1.00** Power Rangers Dino Charge. (PG) **1.30** Wild Kratts. **2.00** Sonic Boom. (PG) **2.30** SpongeBob. **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Green Lantern. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Movie: Space Chimps 2: Zartog Strikes Back. (G) (2010) **7.30** Movie: Harry Potter And The Order Of The Phoenix. (PG) (2007) **10.10** iZombie. (MA15+) **12.10** Sun, Sex And Suspicious Parents. (MA15+) **1.30** Batman. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Wild Kratts. **3.00** Yo-Kai. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Sonic Boom. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Alone With A Stranger. (M) (2001) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Dr Harry visits a family whose pet parrot is constantly attacking their daughter. **8.30** Movie: The Five-Year Engagement. (M) (2012) Jason Segel, Emily Blunt, Chris Pratt. A man proposes to his girlfriend, but unexpected events delay their plans to walk down the aisle together. **11.00** To Be Advised. **1.00** Desperate Housewives. (M) Bree falls for her lawyer, Trip. A worried Julie doubts Porter's commitment to their unborn baby. **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** Flushed. **7.30** Hairy Legs. Final. **8.00** Pipsqueaks. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** City Homicide. (M) **2.00** Dealers. (PG) **3.00** Medical Emergency. (PG) **3.30** ICU. (PG) **4.00** Best Houses Australia. **4.30** 60 Minute Makeover. **6.30** Bargain Hunt. **7.30** ABBA: Absolute Image. (PG) **8.30** Escape To The Country. Prospective buyers find their dream home. **9.30** To Build Or Not To Build. Pilot Chris McHale's has clearance to build a fabulous family home in Surrey. **10.30** Best Houses Australia. **11.00** Air Crash Investigation. (PG) **12.00** Escape To The Country. **1.00** To Build Or Not To Build. **2.00** Harry's Practice. **2.30** Dr Oz. (PG) **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** MasterChef Aust. **12.10** Dr Phil. **1.10** Offspring. (M) **2.10** Ent. Tonight. **2.40** GCBC. **3.10** Judge Judy. (PG) **3.40** Ben's Menu. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** The Living Room. Chris travels to Banff, Canada. **8.30** The Graham Norton Show. Graham Norton is joined by Kelsey Grammer, Tamsin Greig, Kalma Hayek and Alicia Keys. **9.30** Have You Been Paying Attention? (M) Hosted by Tom Gleisner. **10.30** Shark Tank. (PG) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Shopping. **8.00** River To Reef. **8.30** Operation Repo. (PG) **9.00** Extreme Fishing. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (PG) **9.30** Movie: Redirected. (MA15+) (2014) Vinnie Jones, Scot Williams. **11.30** Car Crash Britain: Caught On Camera. (M) **12.30** Motor Racing. Formula 1. Race 7. Canadian Grand Prix. Replay. **1.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (PG) **4.00** Nash Bridges. **5.00** The Doctors. (M)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Wild Life At The Zoo. **11.30** Eggheads. **12.00** News At Noon. **1.00** Breathless. (PG) **1.50** Antiques Roadshow. **2.50** Kitchen Cabinet. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. **5.00** ABC News: Early Edition. **5.25** The Drum. **5.55** Antiques Roadshow. **6.55** Election Announcement: Labor. **7.00** ABC News. **7.30** 7.30. **8.00** Election Announcement: The Coalition. **8.05** Tony Robinson's Time Walks. (PG) **8.30** Silent Witness. (M) **9.30** Broadchurch. (M) **10.20** Lateline. **10.50** The Business. **11.10** The Chaser's Election Desk. **11.40** Adam Hills: The Last Leg. (M) **12.20** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **4.45** Timmy Time. **5.00** Tree Fu Tom. **5.25** The Hive. **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.50** Go Jetters. **6.00** Peg + Cat. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Gruen Pitch Rewind. **8.30** The Hoarder Next Door. (PG) **9.20** Diary Of A Teenage Virgin. (M) **10.05** Adam Hills: The Last Leg. (M) **10.50** Jimmy Fallon. (PG) **11.30** Sherlock. (M) **1.00** Doctor Who. (PG) **1.45** Jimmy Fallon. (PG) **2.30** News Update. **2.35** Close. **5.00** Toby's Travelling Circus. **5.10** Lily's Driftwood Bay. **5.15** Rastamouse. **5.30** Angelina Ballerina: The Next Steps. **5.45** Postman Pat Special Delivery Service.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Soccer. Copa América Centenario. First quarter-final. **1.30** Turkish News. **2.00** Art Of The Night. (PG) **3.00** The Point Review. **3.25** Italy Unpacked. (PG) **4.30** Who Do You Think You Are? **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Genius Of The Ancient World. **8.35** The Missing Evidence. (PG) **9.30** Britain's Ultimate Pilots: Inside The RAF. **10.40** SBS World News Late Edition. **11.10** Movie: Call Girl. (MA15+) (2012) **1.40** Good Italy, Bad Italy: Girlfriend In A Coma. (M) **3.25** Who Do You Think You Are? **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** NHK World English News.

SBS2

6.00 WorldWatch. **8.30** Macedonian News. **9.05** Croatian News. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Soccer. UEFA Euro 2016. Group B. Match 16. England v Wales. **4.00** The Feed. **4.30** Polarised. **4.40** Flight 920. **5.35** Brain Games. **6.00** Street Genius. **6.30** Soccer. UEFA Euro 2016. Highlights. **7.30** Friday Feed. **8.00** Illusions Of Grandeur. **8.25** Release The Hounds. **9.20** Adam Looking For Eve. **10.15** Movie: Fighter. (M) (2007) **12.10** Movie: Once Upon A Time In Rio. (M) (2008) **2.20** PopAsia. (PG) **3.25** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

7.30pm Penguins Of Madagascar (2014) Animation. Tom McGrath, Chris Miller. (G) **Family** **8.30pm** Fantastic Four (2015) Action. Kate Mara, Michael B. Jordan. (M) **Premiere** **10.15pm** Four Weddings And A Funeral (1994) Comedy. Hugh Grant, Andie MacDowell. (M) **Romance**

GENERAL

2.00pm Orange Is The New Black. (MA15+) **Showcase** **8.30pm** Job Or No Job. **Arena** **8.30pm** Finding Carter. (M) **FOX8**

DOCUMENTARY

7.30pm Britain's Outlaws. (PG) **History** **8.30pm** Skin Wars. (M) **Lifestyle You** **9.30pm** The Expandables. (PG) **Lifestyle Home**

SPORT

7.20pm Football. AFL. Round 13. North Melbourne v Hawthorn. **Fox Footy** **8.00pm** Tennis. WTA Tour. Birmingham Classic. Quarter-finals. **Fox Sports 3**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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5 hacks to pay off your home loan sooner

Pay down your home loan faster and save a bundle in the process.

"There's nothing quite like the feeling of owning your home outright," said Patrick Nolan, Head of Home Loans for industry super fund-owned bank ME.

"No more loan repayments, no more worries about where interest rates are heading... just home sweet home with extra cash left in the kitty each month."

It's not a pipedream. Nolan suggests following these five

steps to pay off your home loan el pronto:

1. Check you've got the right loan for your needs. "The cheapest loan isn't necessarily the best loan for you. The ideal loan has the right blend of a competitive rate plus features you will actually use to make your loan easier to live with," explains Nolan.

2. Look for hidden charges . "Paying monthly account keeping fees on your home loan is like paying a higher interest rate. Plenty of banks have scrapped monthly account keeping fees so if your lender is still putting a hand out for them it could be time to move on.

3. Make regular extra repayments. "Paying just a single extra dollar each week into your home loan will see the loan paid off sooner. That's because additional repayments come straight off the loan balance. That way, next month's

interest charge is lower, so more of your regular repayment goes towards the loan balance. It's a great way to streak ahead with your home loan.

4. Add a lump sum payment. "There are times throughout the year when a cash windfall comes our way – a tax refund, an end of year work bonus, or some unexpected overtime earnings. Add or all part of these windfalls as a lump sum repayment to your loan and watch the balance melt away.

5. Use your home loan as a savings account. "Try this simple strategy. Deposit spare cash into your home loan instead of a separate savings account. You'll save more in interest on the loan than you'll earn with a separate savings account, and it's a sure-fire to pay off the loan sooner. If your home loan offers redraw (as most do), you'll be able to access the cash in an emergency. Or, if you'd rather keep your savings



separate, consider an offset account."

For more ideas on living with your home loan head to ed – ME's fast, fun and free online school of money. It could help you forge a path to home loan freedom way ahead of time.

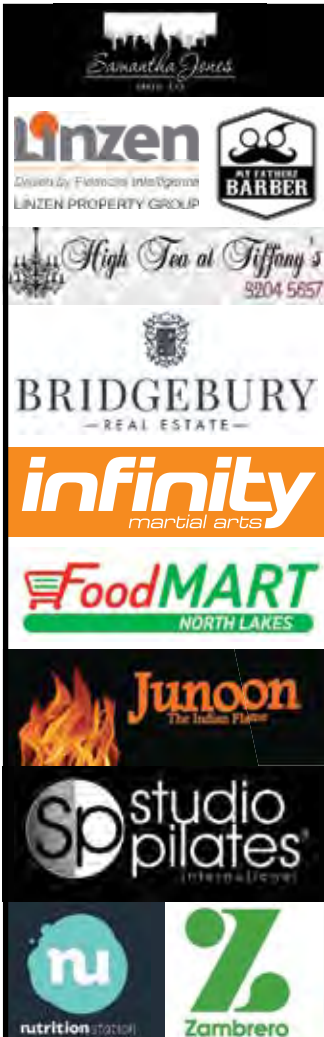
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*** CENTRE SPECIALS**



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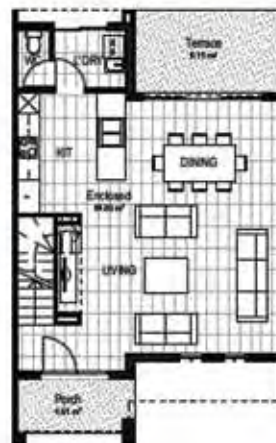


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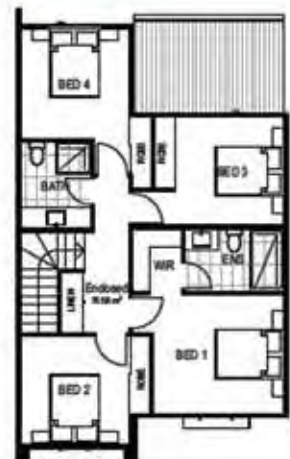
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For Sale



North Lakes 26 Grampion Circuit

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Saturday 11 June 11:00 - 11:30am

Michelle Wheeler
M 0438 197 812





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\$585,000



3 Kangaroo Street
\$385,000



41 Heathcote Avenue
\$445,000



72 Park Vista Drive
\$510,000



Kerry Marks 0409 345 987



North Lakes 73 Pademelon Circuit 4 3 2

Caboolture 30 St Columbans Court 4 3 2

Backing Onto Bushland

- Open plan kitchen, dining & family room
- Bi-fold doors opening to rear deck
- Balcony to Master bedroom
- Security screens & ceiling fans throughout

For Sale \$537,000

Open Home

Please call for your private inspection

Billinda Sherwood
M 0409 250 369

Central Lakes Stunner

- Open plan living & formal lounge
- New Kitchen with Granite Bench tops
- Ducted Air Conditioning
- 5000L Water Tank, Side Access & Garden Shed

For Sale \$464,000

Open Home

Please call for your private inspection

Billinda Sherwood
M 0409 250 369

Black Duck Estate

a unique purchasing opportunity

Murrumba Downs Black Duck Estate

Now Selling- Lots from 320m2

This is your unique opportunity to purchase land within a small subdivision, located superbly amongst an established Residential area. Located within a couple of hundred meters from the new Murrumba Downs train station, adjacent to schools and shops that are within walking distance. North lakes shopping Precinct and Business Center is within 5 minutes.

Large blocks overlook parkland areas, providing serenity whilst enjoying the convenience of suburban living.

- Large Frontage Blocks
- Elevated Blocks
- Park & Wetlands
- Block sizes from 320m2
- Close to train station, schools and shops

Sale

From \$229,000

Chad Patrick

0433 553 722

View By appointment

chad.patrick@raywhite.com

3/13 Discovery Drive North Lakes

3482 3501 / 3491 9153

raywhitenorthlakesqld.com.au

raywhitemangohill.com.au



Ray White North Lakes / Mango Hill



31 Grampion Circuit, North Lakes

\$429,000

- 3 Bed, 2 Bath, 2 Car • Established 449m2 Block
- 2 Living areas • Open Plan Kitchen & Dining
- Contact Tony & Nadine on 0406 861 2101



Ray White North Lakes / Mango Hill

North Lakes 62 Ravensbourne Crescent

4 2 2

Overlooking Stunning Reserve- Picturesque & Peaceful!

Boasting 4 big bedrooms, 2 x Study, 3 Living areas, Ducted A/C, Big Entertaining, Great Yard, Amazing Views & much more! Located on a large corner allotment, in a quiet area, backing onto stunning reserve, this beautiful family home offers serene and tranquil living in every aspect. With its innovative and well thought out design, there is no compromise between practical living & sophisticated style.

Superb Outdoor Living blends seamlessly with stylish internal living harmonising the relaxing & calming atmosphere generated by this tranquil residence.



Sale

Inviting All Offers!

View By Appointment

Darren & Lisa Suhle

0400 197 529

darren.suhle@raywhite.com

raywhitenorthlakesqld.com.au

raywhitemangohill.com.au



11 Cooksland Crescent, North Lakes

\$659,000

- 4 Bed, 2 Bath, 2 Car • Private 882m2 Block
- Multiple Living Zones • 5KW Solar
- 9 x 5m Powered shed • Ducted A/C



Ray White North Lakes / Mango Hill

Ray White North Lakes / Mango Hill

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**Suites 1 & 2, 26 Memorial Drive, North Lakes
www.aqua.eview.com.au**



**Natalie Wells
PH: 0419 216 883**



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We understand that it's not always convenient to meet at our offices during business hours. That's why David Grey, your local RAMS Home Loan Specialist, is always happy to meet at a time and a place that best suits you (even if it is after story time).



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RAMS Home Loans Centre
Northern Brisbane
and Moreton

David Grey
0428 104 492

Margate
292 Oxley Avenue



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Here's a terrific opportunity for the first time Investor on a modest budget! Good tenants have just signed a twelve (12) month lease, and they take care of the property as if it's their own. Family circumstances have forced the owner to sell this investment well below what they paid for it about eight (8) years ago, so take advantage of this situation, and project your thoughts ahead 5-10 years. I'm sure you can do the maths on this entry level purchase returning \$325 per week rent, & recognise the benefits of such a low maintenance property in a complex offering pools, bbq's tennis courts and all within a secure gated facility.

SUBMIT ALL OFFERS...

24 hours notice required to inspect!

Inspect with Col- 0417 795853

Email: dealsdone@atrealty.com.au



"YUL" LOVE THIS BRYNNER ADDRESS - SO BE QUICK!

Here's an opportunity to add a McDowall address into your portfolio, 24 Brynner St is going to Auction on Saturday 25th June 2016 @ 11am; if not sold before!

Perfectly positioned to enjoy all the amenities close by with easy access to Brisbane City. Day Care & School around the corner, bus stop in the street, short walk to park, hospitals are close by too!

The owner will certainly entertain all offers prior to auction very seriously!

OPEN HOUSE: 11 June: 10:30 - 11:30am
18 June: 1.30 - 2.30pm

Inspect with Col- 0417 795853

Email: dealsdone@atrealty.com.au



www.atrealty.com.au

when you're ready...



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FOR SALE

102 NICKLAUS PARADE, NORTH LAKES

Offers Over \$499,000

Stunning Builders Ex-Display Home Opposite Fairway Chase Lake & Park!



- Four generous-sized bedrooms
- Including master suite with designer double vanity ensuite
- Modern kitchen with quality stainless steel appliances & stone bench tops
- Bedroom 2 / guest room has a walk-in robe and private alfresco
- Mitsubishi electric 4 zone ducted air-conditioning
- 3.5kW Solar
- Plantation shutters throughout
- 9ft ceilings
- Separate lounge / TV with bi-fold doors perfect for entertaining



Des Malakai

0429 859 968 | dmalakai.northlakes@ljh.com.au

1/ 13 Discovery Drive | P: 3491 7733 | F: 3491 3809
northlakes@ljh.com.au | ljh.com.au

LJ Hooker

North Lakes/Mango Hill



FINAL NOTICE
AUCTION

FOR SALE

42 LAPWING CRES, MANGO HILL

AUCTION ONSITE: 11 JUNE 4.30PM

EASY WALK TO NEW TRAIN ON 700 SQM!



- 3 Generous Sized Bedrooms
- Master with Spa Bath
- Beautiful Gourmet Kitchen with Stone Bench
- Air Conditioning Throughout
- 2 Large Separate Living Rooms
- Covered Side Access For boat or Camper
- 700 SQM Block
- Walk to New Mango Hill Train Station



Captains Club
member

Jarod Faulkner

0447 734 206 | jfaulkner.northlakes@ljh.com.au

1/ 13 Discovery Drive | P: 3491 7733 | F: 3491 3809
northlakes@ljh.com.au | ljh.com.au

LJ Hooker

North Lakes/Mango Hill

ForSale

Host Families

Looking for host families for Japanese Students in 2016. These students are male/female and aged between 13-17yrs. They will attend local schools like North Lakes, Murrumba Downs, Dakabin HS and Deception Bay HS. The tours are in July and August. Fantastic Experience for the Family. Requirements are 3 meals a day and transport to and from school. Childrens Blue Card is required but happy to help assist Nightly rate paid.. If you are interested pls call Carol on 0421 635 982 or email at carol@edventureconsulting.com Looking forward to hearing from you.

Accommodation

Garage Sale

Lost and Found

Position Available

Public Notice

Classified advertising cost is \$8.80 GST included for one week.
E-mail your ad to adz@northlakesmessenger.com.au before Thursday morning the week prior.
Call Nick on 1300 300 608 with credit card payment

North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

'Food, Food Glorious Food,' was the keynote of this week's gathering as more than 50 of our Members and their guests lunched at the Rustic Olive in Redcliffe. An aura of exuberant chatter filled the restaurant as we greeted all the friendly faces and worked our way through our meals. The menu was extensive and the servings were generous, our thanks to Sam and his staff for the good service. It's always a fun thing to meet up with friends.

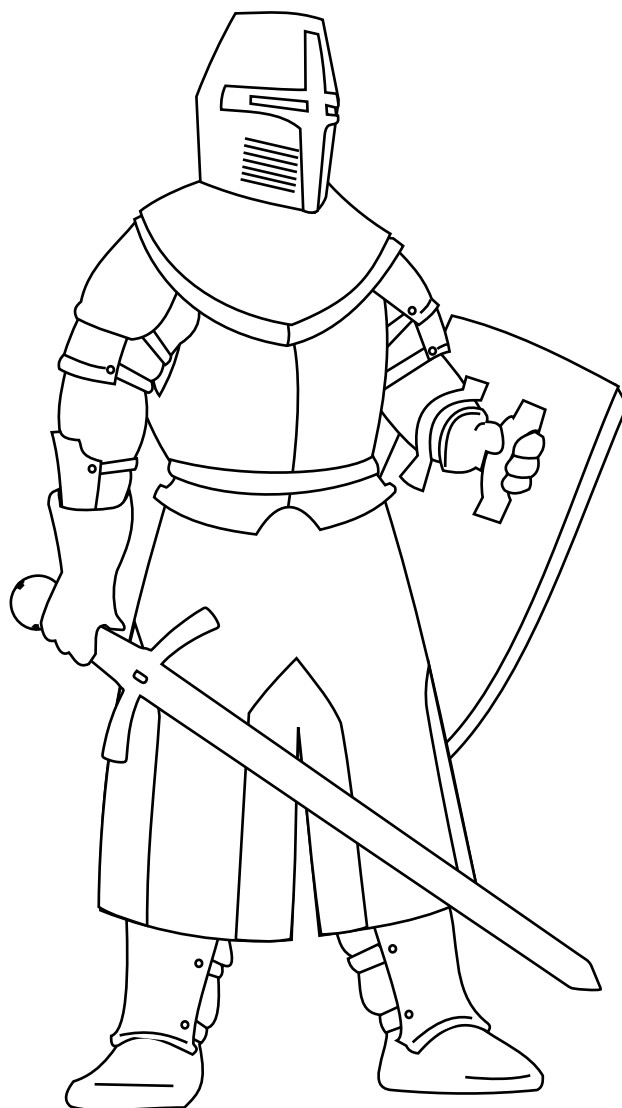
Tuesday 7th June 09:45 MONTHLY GENERAL MEETING & POP-UP-SHOP. We attend to our general business first then move on to our up and coming agenda. It's great to involve all members in these meetings so do come along. Following morning tea is a Pop-up-Shop, "Bears & Old Lace," presented by Julie Duncan. This will be a heart-warming, nostalgic glimpse of some of our finer fabrics and hand crafts.

Tuesday 14th June 09:45 SQUARE DANCING, introduced by the Kallangur Senior Citizens Club, a demonstration followed by your participation. Wear appropriate square dancing clothes if you have any or, any suitable garb will be just fine. Please leave your horse outside. EEHA!

Tuesday 21st June 11:30 LUNCH TBA. If you know of any good restaurants that would comfortably cater for lunch for 50+ high-spirited, fun loving ladies, please put your hand up at our MGM. As our membership role has increased it seems our options have shrunk. We always intersperse these choices with our local Taverns and RSLs.

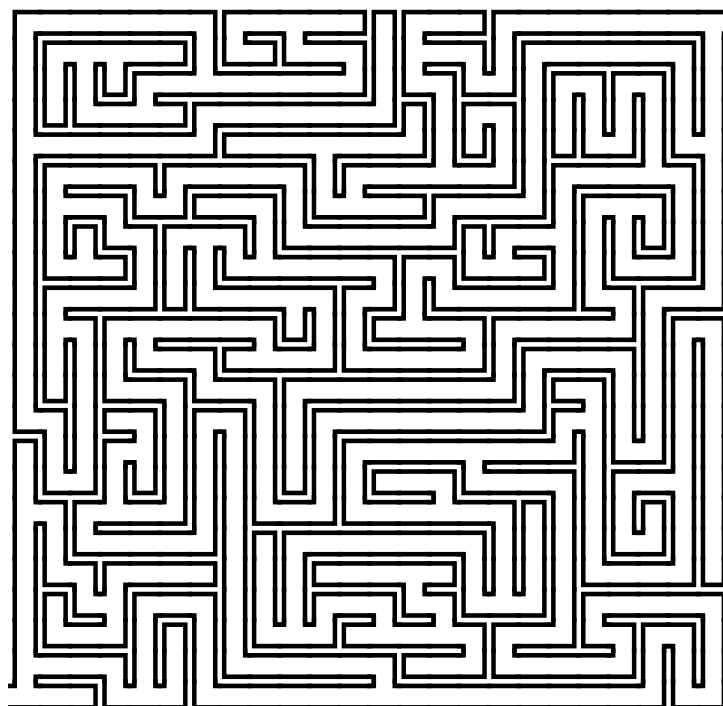
Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

Colouring in for Kids



AMAZING MAZES

Use a pen or pencil to get from one side to the other



Sudoku

	6					5		
3		5		4	8	6		
			2	6				7
	4		8			7		9
	7						5	
9		3			7		8	
4				3	1			
		9	5	8		4		2
		1					9	

Expert Sudoku

Fancy yourself as a sudoku pro? Try this one

9				4				7
	3	4				9	1	
	6			9			3	
			1		6			
1		3		7		4		2
			4		3			
	9			8			4	
	8	6				5	2	
4				3				8

Crossword Solution from last issue

A	B	L	A	Z	E		R	E	B	U	K	E
			M		L		I		U		N	
A	C	O	R	N		A	P	P	A	L	O	O
N				E		N		E		L	W	N
N	E	W	E	S	T		I	N	S	I	G	N
I				I			K			O		E
V	A	L	U	A	B	L	E	S		N	O	U
E						B						T
R	O	Y	A	L		L	A	B	Y	R	I	N
S				I			N		E			E
A	M	B	R	O	S	I	A		A	C	C	E
R		A					N		E		L	
Y	E	S	T	E	R	D	A	Y		A	N	T
		T		S		U			O		I	
	L	E	S	S	E	E		T	A	M	P	E

Crossword 6440

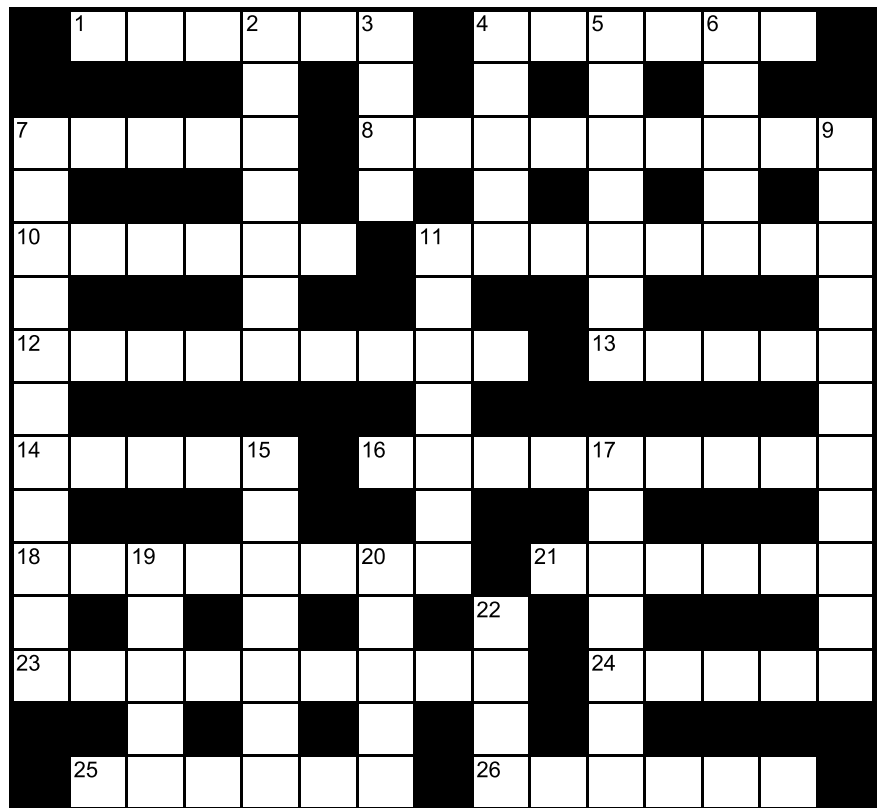
Kindly provided by daredevil thrillseeker - Laurie Stibbe

ACROSS

- 1 Dam-building animal
- 4 Relating to mail delivery
- 7 Interior decoration
- 8 Person who can't sleep
- 10 Person who is swindled
- 11 Room for daily ablutions
- 12 Grant credentials to
- 13 Elixir of life
- 14 Reason by deduction
- 16 Glow in the sky after sunset
- 18 Inside a house or country
- 21 Make loud piercing vocal sound
- 23 Of trees that lose leaves
- 24 Relating to a city
- 25 Inaction
- 26 Sarcastic written work

DOWN

- 2 Changing colour
- 3 Precipitating (water drops)
- 4 Shaped and dried dough
- 5 In an unspecified manner
- 6 Spanish or Mexican friend
- 7 Branched out
- 9 Female photographer
- 11 Shy, timid, self-conscious
- 15 Painted screen behind altar
- 17 Tennis sports implement
- 19 Silent, understood
- 20 Longest geological times
- 22 Egypt goddess of fertility



The Messenger Handy Hints



To Minimize redness of acne on your face: Soak a cotton ball in eyedrops and hold on the spot for 20 seconds.

To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to adz@northlakemessenger.com.au

Attributed to Freepik

COMMUNITY NOTICEBOARD

A free service provided by the Messenger for community, social and non-profit organisations

SUBMIT VIA:

community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

HANDY NUMBERS TO KNOW

Emergency:	000
NL/MH Police:	3482 1444
Crime Stoppers:	1800 333 000
SES:	132 500
Health Advice:	13432 584
Wildlife Rescue:	0401 350 799
RSPCA:	1300 363 736
Dakabin Pound:	3886 0357

THE 500 CLUB If you enjoy a friendly of 500 you can join us at Redcliffe Senior Citizens centre, 401 Oxley Avenue Redcliffe every monday from 12.30 pm - 4 pm Contact Trish on 32035047 or Vivvi on 0407238163

A.C.M.A. MIN MIN BRANCH. Monthly concerts/socials held on 4th Sat. each month NOTE new starting time now from 1.00pm. Kruger Hall Ann St. Kallangur. Quality Guest Artists & Club Member Spots. All welcome Call Queenie 5497 9395.

A.I.R. The Assoc. of Independent Retirees (AIR) AIR will hold an Investor Breakfast for self-funded retirees and investors at the Moreton Bay Boat Club Bird O'Passage Parade Scarborough on Monday 20th June, 2016, at 7-15a.m. Special guest speakers are Terri Loy, National Manager Health Management and William Peters Senior Private Client Advisor Morgans. Cost, including served breakfast, \$16 pp. Bookings to Val Martin 3203 5074 or Max Barton 3142 2506

AI-ANON. If someone you love, or are dependent on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. AI-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmore Road, Redcliffe. For further information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink that's your business if you want to stop we can help. alcoholics anonymous holds meetings everyday in the moretonbay area in the following suburbs, caboolture, bribe Island, deceptionbay, redcliffe, margate, clontarf, woody point please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

ALL WELCOME at The Moreton Bay Social Group Make Friends - Have Fun is our motto. We meet every Tuesday evening at the Redcliffe Leagues Club from 6pm. So join us for friendly conversation and discuss fun outings for our future events. We look forward to hearing from you, for further information contact Maureen 34918998 or Nick 0423543833 or Pat 0403946369

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alpmurumba.east@gmail.com

ANGELICAN CHURCH OF NORTH LAKES We are a Contemporary Anglican Community who gather for worship on Sunday at 9:30am in the Performing Arts Centre of North Lakes State College. We sing a mix of modern music and reworked old hymns. We enjoy having Communion and engage with our Bibles each week to see what God has for us. Call on 0403977512 - like us on Facebook - visit www.thelakesanglican.org.au

ANGELICAN CHURCH St Peter the Fisherman 13 Lucinda St Clontarf. Services Saturday 6pm Sunday 7am & 9am Wednesday 10am. Sunday school, craft, mens, tots/preschoolers, ladies groups and much more. For Howard Smith 3284 9283. Beautiful church & grounds for baptisms, weddings, funerals, blessings in Brimble Bay Parish.

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non cliky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

ARANA VIEW CLUB luncheon meeting 10.30am for 11.00am on Wednesday 1st June 2016 at Arana Leagues Club, Dawson Parade, Keperra. Guest speaker from the RACQ. Trading Table (bake, make, grow) and raffles. Two-course lunch incl tea/coffee (\$25.00). Bookings: Heather 3300 3733 by 4pm Monday 30th May. Arana VIEW meets on the first Wednesday of the month and welcomes new members and visitors to our meetings and other social activities organised each month. www.thesmithfamily.com.au/view

ARE YOU A SINGER? Counterpoint Vocal Ensemble has vacancies for an experienced baritone and soprano. Counterpoint is an auditioned 4-part choir specialising in a cappella choral works of a wide variety of genres. The group rehearses at Banyo and presents three major concerts each year. For information, or to register your interest, please call 3284 3688.

BABY & TODDLER GROUP (REDCLIFFE): Teeny Tots meets every Thursday (term time only) at Recalibrate Church, 3 Plume Street, Redcliffe. Starting at 9:30am - 11:00am with craft items, stories, morning tea and free play that everyone will enjoy! \$2 entry. Please call the Recalibrate Church office on 07 3284 6511 or email office@recalibrate.church for more details.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'ullah Phone: 07 38861567 Email: [Moreton Bay LSA \[mlrbsa.sec@gmail.com\]](mailto:Moreton Bay LSA [mlrbsa.sec@gmail.com]) Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is \$6.00. Social commences 12:30pm. See Facebook for other details.

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

BRENDALE EVENING VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Anna at 3425 3927 or 0400 557 082

BRIDGE PLAYERS. We have a small club at North Lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30. come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BURPENGARY ANGLICAN CHURCH - Parish of Freshwater. 45 Pitt Road Burpengary. Traditional Worship Services weekly with Eucharist at 6.00pm Saturday evenings. Visitors Welcome. Please stay for a coffee and a friendly chat after the service.

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. Cmon dip your toes in the water. Contact Cay on 07 3408 3219 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY RESEARCH. One hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CPHRG research) Tel (07) 54282018 or email us at chrg55@bigpond.com.

CABOOLTURE HISTORICAL VILLAGE POTTERS is a pottery group located in the Caboolture Historical Village, Beerburum Road Caboolture. We hold lessons every Monday and Tuesday from 9 am till 1 pm. We sell handcrafted pottery in our gallery. Contact phone number for the Pottery Shop is 5498 9933 or contact club president on mobile number 0409057 436.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com.

CENTRAL LIONESSE CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill 32842025 & Liz Alcock 3284 9415.

CENTRED YOUTH A fantastic High School youth event in Redcliffe @ Recalibrate Church, every Friday (term time only). 7:00pm - 9:00pm (chill time from 6:30pm) with sports, games, PlayStation, great music and life changing messages. Contact the Recalibrate Church office on 07 3284 6511, office@recalibrate.church and check out our website www.centredyouth.com

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street, Redcliffe. Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffegates@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_music_girl@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CRAFT AND COFFEE MORNING: Pine Rivers OCVA Craft and Coffee group meet at 9:30 am on the 3rd Tuesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information phone 54595 5151.

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost \$2.00 & bus pick up a extra \$1.00. Phone 3284 6451 for further information.

DECEPTION BAY ANGLICAN CHURCH - Parish of Freshwater, 43 Park Rd Deception Bay. Modern Family Worship Services weekly at 8.30am Sunday mornings with an active band - guitar, drums and keyboard. Visitors welcome. Please stay for morning tea and a friendly chat after the service.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

DECEPTION BAY GIRL GUIDES enables girls from 5 and up to grow into confident, self-respecting and responsible community members. Meetings are Thursday 5pm and Friday 5:30pm at 35 Sampson Street, Deception Bay. Give Guides a go for 4 weeks for free. Adults are also invited to be involved as Leaders or in our Support Group. Visit <http://bit.ly/dbayguides> for more details

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Primary School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquiries contact Rev Carol Bloor 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space - corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet, ricolchet, golf, association and gateball. We play Monday, 9.30, Tuesday 8.30, Wed 9.30 Friday, 3.30 and Saturday 8.30. This is a game that all ages can enjoy. We have 3 members of the gateball team who are children and they play very well with the adults, hence a great family game. You are most welcome to phone 3203 7262 or 3283 2924 and arrange to come along.

FLORAL ART. Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group who enjoy both others' company and learning the skills of flower arranging. Our meetings are at The Hub Old Fire Station Oxley Avenue Redcliffe on the 2nd Tuesday each month (February to November) 9.30am morning tea 10.00am workshop and meeting. Enquiries Pat Spillman Secretary Ph

32845795 Email pfag-redcliffe@hotmail.com.

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 - 11am or Tuesday Evening 7 - 8.30pm. All ages. In Deception Bay, cnr Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am until 12 noon at Redcliffe Senior Citizens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advice. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 0428337525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chriseoer@gmail.com to find out more

HISTORY REDCLIFFE holds its general meeting on the second Friday of the month at 2pm, in the Terry Walker Room, Redcliffe Cultural Centre. Monthly guest speakers highlight interesting aspects of Redcliffe's History. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to info@historyredcliffe.com.au or www.historyredcliffe.com.au

JP BOOTH MKT Deception Bay Shopping Centre Mon-Sat 9am-1pm.

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday - Friday 10.30 am - 2.30 pm, Thursday Night 6.30 - 8pm. Saturdays 9.30am - 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only \$4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls, sq dancing every Tuesday, concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue (opp Red Rooster) for further info please Fred on 32054024 or email prsc2@gmail.com.

KALLANGUR OVER 50'S SOCIAL CLUB - NEW DAY If you are interested in meeting new friends and playing affordable bingo, then come along to North Leagues Services Club on Tuesday mornings at 9.30 a.m. Enjoy a cuppa with friends. Other club activities include raffles, playing cards and monthly bus trips. Special occasions also celebrated throughout the year. Membership only \$5-00. Please contact Gallene 3285 3905 or email ng.parnell@gmail.com for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Sansonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

LADIES 50 - 60s age bracket needed for social tennis, played at Chermide Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

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LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LIONESSE CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESSE CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE. Our friendship club welcomes you to join us once a month for a fine meal with interesting guest speakers, and have a friendly get together once a month to play cards or just chat. Call Neil or Maureen Tyler on (07) 3204 8883 or Email nghmytyler@bigpond.com

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am - 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Deception meeting 2nd Tuesday. Call 0418 917 578.

LORDS AND LADIES ASSEMBLY Mousetraps' upcoming Musical Comedy, 'Once Upon A Mattress' is seeking Lords and Ladies for the Ensemble. If you possess the vocal and acting skills required and wish to join a fun filled show please contact the Musical Director, Theresa Kendall on 0412 260 467 or 3203 6251. This production is being directed by well known Brisbane theatre identity, Kurt A. Leps. Performances are July 29 & 30, August 5, 6, 12 & 13 at 7.30pm with two matinees on July 31 and August 7 at 2.00pm.

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am, the fourth Monday of every month at Freemasons' Centre Seaville Av. Scarborough, on the Redcliffe Peninsula. Our friendly Ladies, who attend every Luncheon, will extend a warm welcome to your wife, please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed. The Shed is at The Community House 1 Laminton Drive, off Oxley Avenue and hours are Mon, Wed, Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbaycclesia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbso.org.au Visit our website at: www.mbso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NARANGBA ANGLICAN CHURCH - Anglican Parish of Freshwater, 45 Pitt Rd, Burpengary Weekly Worship Services at 6.00pm Sat evening. Visitors very welcome.

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoopaa@navycadets.gov.au 0430 940 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410. All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Cornford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK Next meeting Tuesday 7th of June. Topic Preventative Dental Problems in the older population, Speaker Jan Anderson Metro North Oral Health Services. Venue: Woody Point Memorial, Oxley Avenue, Woody Point. Entrance Fee \$4 for Morning Tea Lucky Door Prize. Contact M. 0411018570

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kids Church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal refuge shelter for rescued dogs and cats. The shelter is located at Clontarf on the Redcliffe peninsula and is solely run by volunteers and has been operating since 1971. If you would like more information about adopting an animal, volunteering, becoming a member or attending our monthly meetings, please phone 3284 1927 or go to our website www.peninsulaanimalaid.com.au

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 www.peninsulasocialgolfclub.asn.au

PINE RIVERS SENIOR CITIZENS Club Inc. Kallangur welcomes you to join us for indoor bowls, sq dancing every Tuesday,concerts 2nd Wednesday of month, bus trips 3rd Wednesday, and bingo last Wednesday of each month.Venue is the community hall 1480 Anzac Avenue.(opp red rooster) for further info please ring Shirley on 38863184 or email prssc2@gmail.com.

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee \$12. Weekly fee \$3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern, Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PINE RIVERS QCWA Branch meets at 9:30 am on the 1st Wednesday of each month at the Girl Guide Hut - Nightingale Road - Lawnton. All welcome to come along and for further information Phone 5495 511.

PLAYGROUP MANGO HILL. 9.10 – 10.10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Undercover and outdoor play, music and story time for children aged 2 – 5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Carmel Murphy cmrp61@eeq.edu.au

PLAYGROUP REDCLIFFE 9:30am Monday to Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Joan 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE Inc. The Club is for Male and Female retirees Seeking fellowship and fun. We enjoy Entertainment, Coach trips, Cruises, Dine-outs, Local and OPAC Theatre days, Lawn bowls, Beach BBQs & Coffee mornings, Meetings - second Monday of every month at the Redcliffe Golf Club. President Barry Lynch 3284-3434 or 0400 270 760 gramps98@optusnet.com.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm

Church Hall cnr. Griffith Road. & Prince Edward Pde.Scarborough.

QUOTA INTERNATIONAL CLUB of North Lakes Inc. Ladies, if you are new to North Lakes and want to make new friends, share in serving our local community and supporting our local and international projects, please consider joining our Club. Regular social events. We meet at North Lakes Health Precinct second Monday of each month 6.30pm for light supper and socialise, followed by our Business Meeting at 7pm. For more information call Brenda on 0408489387 or Glynis on 0413010088

RECALIBRATE CHURCH 9:30am & 6:00pm every Sunday @ 3 Plume Street, Redcliffe. EVERYONE IS WELCOME! Services include full kids provision from 2-11yrs, great worship, relevant and encouraging messages and brilliant opportunities to form community and friendships. Contact the office on 07 3284 6511, office@recalibrate.church and check out our website www.recalibrate.church

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 a.m. for 10-30 a.m. in the "Kokoda Room" of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOR practises weekly in the Rothwell area, Monday nights from 7:15-9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3Rd.Sunday 1.00P.M. 4Th Friday Night 7.30.P.M. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry's 4.00.

REDCLIFFE & DISTRICT FAMILY HISTORY GROUP. Membership open to anyone wishing to research their ancestors. Our Library contains over 600 books, microfiches, CDs & computer access. Help is always available, with tea, coffee and a friendly chat. We meet every Tues & Thurs morning 9.30am till 12.30 pm. and one Mon evening a month by appointment, at the Scout Hut, Isobell Street, Clontarf. Contact 3293 0567, or email RDFHG2012@gmail.com

REDCLIFFE EXSERVICEMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservicemen of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE GATEBALL CLUB welcome all players aged between 8-90 years of age. Played every Saturday from 1pm to 4pm at the Bramble Bay Bowls Club. Gateball is a sport which combines brain play and mild physical exercise, non-contact, highly strategic team game. 30 minutes per game is all it takes for a game. Phone Geoff of 0400 525 250.

REDCLIFFE HEALING ROOMS Come and let God touch and heal you. Woody Point Community Centre Cnr Hornibrook Esp & Oxley Ave Woody Point Wednesday 7 - 9pm and Friday 10:30 - 1pm "Grandeinfie" Cnr Anzac Ave and Duffield Rd Kallangur Monday 10am -12noon All welcome. No appointment necessary. Enquiries 07 3284 1880

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month in the Seaspray Room, Belvedere Hotel, Woody Point at 9.30am for 10am.Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Maureen 3283 7461 or Noeleen 3203 6889.

REDCLIFFE MULTITUDE CHOIR is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTAMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is \$2 and morning tea is supplied. For more information please contact Dot \$4 95 1335.

REDCLIFFE PENINSULAR DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. \$15 yearly registration & \$4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA POETS Group meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book!

REDCLIFFE PENINSULA PROBUS CLUB Inc. Meets on the 4th Tuesday of each month except December at the Kokoda Room, Redcliffe RSL Irene St. Redcliffe at 10.00am. New Members most welcome. Contact President Ray phone 3203 2611 or Secretary Neil phone 3284 4404.

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Suttons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffesfsc.com.au

REDCLIFFE PENINSULA VIEW Club extends a warm welcome to ladies who are looking for a new interest to join on the second Thursday of each month at the Moreton Bay Boat Club, Scarborough. Meetings include lunch, a speaker or entertainment. Outings feature in our monthly program. VIEW supports the Smith Family's Learning for Life program. Contact Robyn 3481 6003

REDCLIFFE POTTERY GROUP is due to hold Semester 2 handbuild pottery classes for beginners commencing on 7th May for Saturday class and 9th for Monday class. Fees will be \$100 for 10 hours lesson over 6 weeks including clay, firing and glazes. More details and the application form, visit our website on www.redcliffe-pottery-group.org.au

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redcliffesrugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redcliffesrugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4020. Membership \$8 with joining fee \$2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hov, Snooker,Vogue Dancing, 500.Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SENIORS COMPUTER CLUB - Club House 51 Sportsground Street Redcliffe. Tel: 3203 5593. Monday to Friday. Learn to use your computer, tablet, smart phone to send emails, search the internet, buy bills, do banking all in a friendly atmosphere. All lessons are individual at low cost. Further information available on our web page www.rssc.com.au

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are \$2.00 per hour per person with partner- for further information please ring Gary Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOCIATION offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.00pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 a.m. at the

Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information available from Mick Karlock on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP 'Redcliffe Uniting' or check out our website.

ROTARY CLUB OF KIPPARING-NORTH LAKES meets Wednesday from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garby Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES Hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts- BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further information, contact Kerry on ksgleader@outlook.com or 0423158135.

SEASONS A Loss and Grief peer support program for Adults. Seasons consists of 6 x 2 hourly sessions comprising of 6 to 8 participants per group, and is facilitated by trained companions. The program uses the different seasons and images from nature to help people cope with their loss and grief. Contact: Trevor Andrew 0421 901 737 Sheryl Windsor 0402 819 385 Annette Plummer 0413 052 110

SHED HAPPENS FOR MEN on 4th Monday of each month John Naumann Hall Deception Bay Road Deception Bay. Guest Speakers, hear blokes tell their stories. Shed night is a place where men are inspired to be the best they can be as blokes, fathers, husbands, sons and mates. All Men welcome from age 16 to 116. BBQ starts 6pm donation \$10.00. contact: Trevor Andrew 0421901737 Paul Chambers 0419 998 815

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc but maybe not on our own! So why not join our group and share company. If interested, please email Kate at hopeyzy1@hotmail.com.

SLIMMER'S SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163..

SMALL DOG CARER'S CLUB Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi-retired) are welcome. Phone Kevin on 3881 1282.

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simorettonorth@sismw.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monks@gmail.com

SPECIAL OLYMPICS MORETON NORTH CLUB. We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822 055 or email SOMN.louisegee@outlook.com.

Spinal Life Australia's Brisbane Post Polio Network will meet at 2.00pm on Saturday 11 June at Spinal Life Australia 109 Logan Road, Wollongabba. (Entrance and parking off Baladava Street). Guest Speaker will be Mandy Nielsen from Chronic Pain Australia. New members are welcome. For more information please contact Eric Rushton on 0403 191 698.

SUPPORT FOR PARENTS Concerned about your teens behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SWIMMING CLUB Come along for a free trial at our club nights held Fridays. Learn correct swim race techniques in a fun, social and family friendly environment all in our indoor heated 50m pool. Suitable for beginners through to National level swimmers that can swim a minimum 25m. Contact Head Coach Kirk Taylor 0405 577 204 or email australianscrawlswwimclub@gmail.com for more info.

TABLE TENNIS ASSOCIATION in Redcliffe hosts Table Tennis at Clontarf High School Gymnasium, Isobel Street, Clontarf on Friday Nights at 7.15pm. We provide the balls and have a range of bats available for use. The environment is social and new players/beginners are welcome. The nightly fees are very reasonable so for further information, please contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marlene 3284 1526 or Leola 3284 4167

THE USA PINE RIVERS will be holding a social and information meeting on Friday 17th June 2016 at Bray Hall, O'Loane St, Petrie gathering from 9.30am for a 10.00 am start. Our activity today will be "COMPUTING AND CRAFT AND ART EXPO" showcasing the talents of our members with items for sale. Come and join us for a morning tea provided for a gold coin donation. This is an opportunity to book for social outings such as Theatre and bus trips or renew membership.

USA REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of \$20 per year applies and a small fee for each class of \$2. Computer classes are \$30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliffe.org.au. More information is on the net at www.u3aredcliffe.org.au

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8.30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrredcliffe@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliffe.org.au Or: 0457426806

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